

Vitamin C Sources, Benefits and Recommended Daily Amount



What is the first remedy that you take when you're feeling tired of having a cold?

A glass of orange juice or your vitamin C tablets?

In fact, [Vitamin C has multiple benefits](#):

- ❖ It is a required component for the biosynthesis of collagen which has a vital role in wound healing
- ❖ Controlling infections
- ❖ It helps the immune system work properly to protect the body from disease.
- ❖ It is a physiological antioxidant, helping to protect cells from the damage of free radicals.
- ❖ It helps boost iron absorption from vegetables

Vitamin C or ascorbic acid is a water-soluble vitamin; this means that it is not well stored in our body tissues so it must be taken daily from fruits and vegetables or supplements.

Fruits and Vegetables with the highest sources of vitamin c include citrus fruits, kiwi, and broccoli.

There are different forms of supplements: effervescent, chewable, and coated tablets or gummies. Shop now