

Vitamin C

Foods High in Vitamin C

- Green Peppers
- Citrus Fruits and Juices
- Strawberries
- Tomatoes
- Broccoli
- Sweet Potatoes



Benefits of Vitamin C

1. **Stress.** A recent meta-analysis showed vitamin C was beneficial to individuals whose immune system was weakened due to stress because vitamin C is one of the nutrients sensitive to stress, and is the first nutrient to be depleted in alcoholics, smokers, and obese individuals, it makes it an ideal marker for overall health.
2. **Colds.** When it comes to the common cold, vitamin C may not be a cure. But studies show that it can help prevent more serious complications. There is good evidence taking vitamin C for colds and flu can reduce the risk of developing further complications, such as pneumonia and lung infections.
3. **Stroke.** A recent study in the *American Journal of Clinical Nutrition* found that those with the highest concentrations of vitamin C in their blood were associated with 42% lower stroke risk than those with the lowest concentrations.
4. **Skin Aging.** Vitamin C affects cells on the inside and outside of the body. A study published in the *American Journal of Clinical Nutrition* examined links between nutrient intakes and skin aging in 4,025 women aged 40-74. It found that higher vitamin C intakes were associated with a lower likelihood of a wrinkled appearance, dryness of the skin, and a better skin-aging appearance.

Other studies have suggested that vitamin C may also:

Improve macular degeneration
Reduce inflammation
Reduce the risk of cancer and cardiovascular disease

Source: Modified from WebMD