

## VITAMIN C

by:

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Everyone would agree to Zelman (2021) about the fact that vitamin C is one of the safest and most effective nutrients. It is an essential vitamin, meaning your body can't produce it (Raman, 2020). Vitamin C is commonly found in various fruits and vegetables that is why it is water-soluble. According to studies, vitamin C may shield people against immune system deficits, cardiovascular illness, maternal health issues, eye disease, and even skin wrinkling, even though it may not be a cure for the flu.

While it is commonly recommended by specialists to take vitamin C from foods, numerous individuals choose to make use of supplements to meet

the right amount needed. But how much vitamin C is needed to be considered enough?

Based on studies of Moyad (2007), a suggestion of 500mg of vitamin C (that is much higher than the RDA of 75 - 90mg), in addition to eating five servings of fruits and vegetables a day. He says that there is a tremendous track record of research showing that taking 500 mg of vitamin C per day is safe, and that the safe upper limit is 2,000 mg.

To reach 500 mg, here are the foods and beverages you would need to consume:

Cantaloupe 1 cup (8 ounces) 59mg

Orange juice 1 cup

97mg

Broccoli (cooked) 1 cup

74mg

Red cabbage 1/2 cup 40mg

Green pepper 1/2 cup 60mg

Red pepper 1/2 cup 95mg

Kiwi 1 medium 70mg

Tomato juice 1 cup

45mg

While it is good to gain the recommended amount of vitamin C, it is also a must to know the scientifically proven benefits of taking it.

May reduce the risk of chronic disease. Vitamin C is a resilient antioxidant that can boost blood antioxidant levels (Hill, 2018), which may help to reduce the risk of chronic diseases such as heart disease.

May help manage high blood pressure. Both healthy persons and those with high blood pressure benefit from taking vitamin C supplements.

Reduces blood uric acid levels and helps prevent gout attacks. Vitamin-C-rich foods and supplements reduce blood uric acid levels and lower the possible risk of gout.

Helps prevent iron deficiency. Vitamin C improves absorption of iron that is poorly absorbed, such as iron from meat-free sources. Likewise, it also reduces the risk of iron deficiency.

Boosts immunity. Vitamin C helps white blood cells function more effectively, strengthens the skin's defense system, as well as helping wounds heal faster.

Protects the memory and thinking. Low vitamin C levels may lead to an increased risk of memory and thinking disorders like dementia. On the other hand, protective effect can be gained when individuals have high intake of vitamin C from foods and supplements.

## *References:*

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