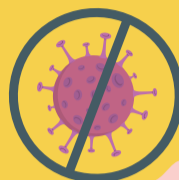


Vitamin C, or ascorbic acid, is a water-soluble vitamin. It is an essential vitamin that our body cannot produce, so we must get it from food or supplements daily.

Impressive Benefits of Vitamin C

- Boosts immunity
- Prevents colds and some chronic diseases
- Prevents iron deficiency
- Controls infections and heals wounds
- Makes collagen, a fibrous protein in connective tissue

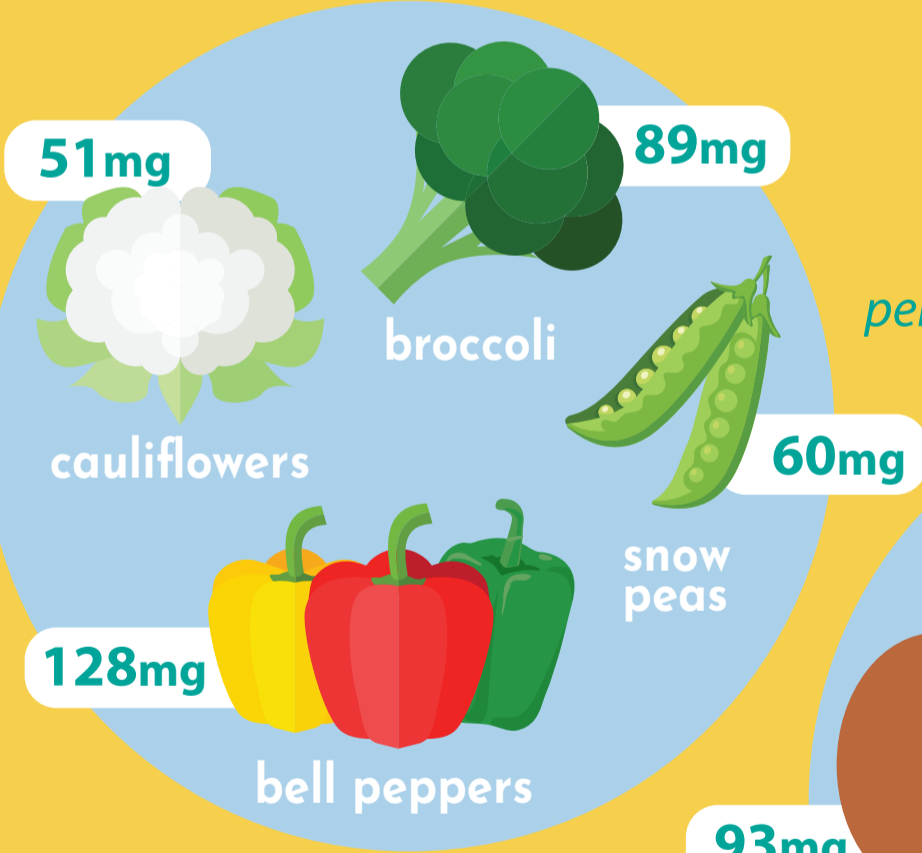


Advised daily intake for adults:
90mg

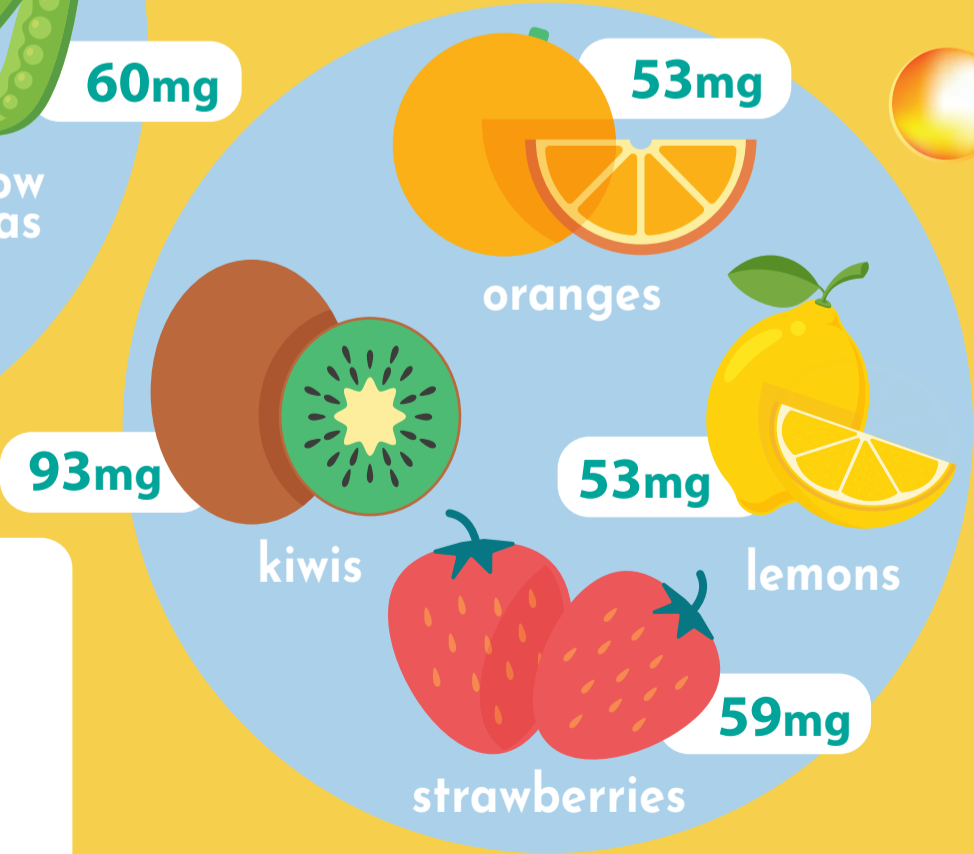
Source: U.S. Food and Drug Administration (FDA)

Best Sources of Vitamin C

Vegetables



Fruits



BEST WAY TO OBTAIN VITAMIN C



Read more



Vitamin C and its health benefits | Can vitamin C help us to fight Covid19? | Vitamin C Food sources