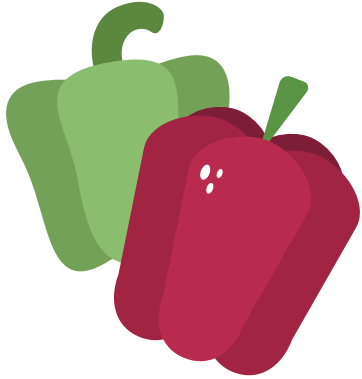


VITAMIN C

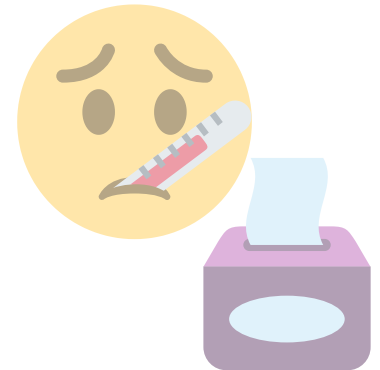


WHAT IS VITAMIN C

- *Vitamin C is also known as ascorbic acid.*
- *It is essential to our diet because our body does not produce it.*
- *Fruits and vegetables are the best sources of vitamin C*
 - *citrus fruits, tomatoes, potatoes, peppers, broccoli, and Brussel sprouts*
- *Vitamin C is an important antioxidant and has been shown to regenerate other antioxidants in the body.*
 - *Antioxidants are nutrients that help block damage caused by free radicals*
 - *Free radicals are made when your body breaks food down or when you are exposed to toxins*

WHY IS VITAMIN C IMPORTANT?

- *It is needed for normal growth and development*
- *It helps with the repair of tissues*
- *It helps heal wounds, including surgical wounds*
- *It helps form scar tissue*
- *It helps repair and maintain cartilage, bones and teeth*
- *It aids in the absorption of iron*
- *It might play a role in the prevention and treatment of cancer, age-related macular degeneration (AMD)/cataracts, and the common cold.*
- *Vitamin C plays an important role in immune function*



WHOSE AT GREATER RISK FOR DEFICIENCY?

- *Smokers or secondhand smokers*
- *Alcoholics*
- *Babies only fed cow's milk*
- *Poor people who are not able to afford fruits and vegetables*
- *Individuals with eating disorders*
- *Type 1 diabetics who have high vitamin C requirements*
- *Individuals with disorders of the GI tract like inflammatory bowel disease.*
- *Individuals with iron overload which leads to wasting of vitamin C by the kidneys*
- *Individuals with restrictive diets and/or food allergies*
- *Pregnant or breastfeeding women*



HOW MUCH OF VITAMIN C IS NEEDED?

Age	Male (mg)	Female(mg)	pregnancy (mg)	Lactation(mg)
0-6 months	40	40		
7-12 months	50	50		
1-3 years	15	15		
4-8 years	25	25		
9-13 years	45	45		
14-18 years	75	65	80	115
19+ years	90	75	85	120

***Smokers need 35mg more than nonsmokers*

RESOURCES

1. *Office of Dietary Supplements - Vitamin C*.(n.d.). Retrieved February 01, 2021, from <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>
2. Vissers, M., & Das, A. B. (2018). Potential Mechanisms of Action for Vitamin C in Cancer: Reviewing the Evidence. *Frontiers in physiology*, 9, 809. <https://doi.org/10.3389/fphys.2018.00809>
3. *Vitamin C: MedlinePlus Medical Encyclopedia*.(n.d.). Retrieved February 01, 2021, from <https://medlineplus.gov/ency/article/002404.htm>
4. Levine, M., Rumsey, S. C., Daruwala, R., Park, J. B., & Wang, Y. (1999). Criteria and recommendations for vitamin C intake. *Jama*, 281(15), 1415-1423.
5. Maxfield L, Crane JS. Vitamin C Deficiency. [Updated 2020 Jul 2]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2020 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK493187/>
6. How to heal faster after surgery: 5 tips to speed up post-op healing. (n.d.). Retrieved February 08, 2021, from <https://www.unitypoint.org/livewell/article.aspx?id=333d5032-1ca3-4769-bb05-c0302bc31fe6>

**CONTACT US FOR MORE INFORMATION ON NUTRITIONAL SUPPLEMENTS
AT: GNG@FAIRWAYVENTURESGROUP.COM**

