

# *Vitamin C*

## *What is it?*

### **What is Vitamin C?**

Vitamin C, also known as ascorbic acid, cannot be made by the body and is a water-soluble vitamin. We must take it in from dietary sources.

### **Vitamin C has an essential role in;**

- The production of collagen in the body. This helps the process of tissue growth and repair for various things like; skin, tendon, ligaments, blood vessels, bones and cartilage.
- Being an antioxidant to the body. This means it can help to neutralize free radicals in the body. This is important as free radical build up in the body over time is associated with advanced aging and health conditions such as cancer, heart disease and arthritis.
- Assistance in reducing levels of stress. Vitamin C has a direct impact on adrenal gland function, which produces the stress hormone cortisol. Vitamin C helps to reduce stress because it allows the body to quickly clear out cortisol, a primary stress hormone that increases sugars in the bloodstream. Although helpful in a fight or flight scenario, regularly elevated levels of cortisol in your body suppress normal functioning of the digestive system, reproductive system, and growth processes. Vitamin C helps to regulate cortisol and prevent blood pressure from spiking in response to stressful situations.
- Assists in immunity. Vitamin C also has an immune-stimulating effect, meaning it aids to support our immune system and improve our overall health.

### **Requirements:**

The average Vitamin C requirement is approx. 75mg for women, and 95mg for men.



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## What is it?

### Increasing Vitamin C

Vitamin C is readily available in many fruits and vegetables. Some of the best sources include;

- Berries
- Broccoli
- Brussels sprouts
- Cantaloupe
- Cauliflower
- Grapefruit
- Kiwi fruit
- Leafy greens
- Mango
- Orange
- Papaya
- Peppers
- Pineapple
- Potatoes
- Tomatoes
- Squash
- Strawberries and
- Watermelon

### TOP 10 FOOD WITH THE HIGHEST VITAMIN C

**1**   
**PAPAYA**  
224 % DV  
per 1 medium size

**6**   
**PINEAPPLE**  
105 % DV  
per 1 cup


**2**   
**BELL PEPPER**  
157 % DV  
per 1 cup

**7**   
**ORANGE**  
93 % DV  
per 1 medium size


**3**   
**BROCCOLI**  
135 % DV  
per 1 cup

**8**   
**KIWI**  
85 % DV  
per 1.2 inches size

**4**   
**BRUSSELS SPROUTS**  
129 % DV  
per 1 cup

**9**   
**CANTALOUPE**  
78 % DV  
per 1 cup

**5**   
**STRAWBERRY**  
113 % DV  
per 1 cup

**10**   
**CAULIFLOWER**  
78 % DV  
per 1 cup