



Vitamin C



Overview

This is a nutrient we can't live without. It helps build connective tissues like cartilage and collagen. It's used to make muscles and blood vessels. It also helps you absorb iron.

How we get it

Our bodies can't make the vitamin C we need. What are some good sources? It's found in citrus fruits like oranges and grapefruit. You can get it by eating them or drinking their juices. It's in strawberries and kiwis. You'll find it in peppers, broccoli and spinach. It's also in tomatoes, potatoes and many other vegetables.

Health benefits

What are the health benefits? Along with helping build healthy tissues, vitamin C has another key role. It's an antioxidant. It helps protect your body's cells from molecules called "free radicals," which may play a role in conditions like cancer and heart disease. A diet rich in vitamin C may help prevent these diseases. More study is needed.

When we don't get enough

What happens if you don't get enough vitamin C? Well, it's not common, but it can happen. And over a long time, a lack of vitamin C leads to a disease we call "scurvy." It results in bleeding gums, bruising, exhaustion and other serious issues.

Conclusion

For more info about the role vitamin C plays in your health, talk to your doctor.

