

# Vitamin C

A water-soluble vitamin also known as ascorbic acid that is needed for normal growth and development.

## FUNCTIONS

### Growth & Repair of Tissues

Helps form the protein **collagen** – used to make and heal skin, tendons, ligaments, and blood vessels. Also, helps repair & maintain cartilage, bones, & teeth.

### Antioxidant

Helps block potential damage caused by **free radicals** (made when your body breaks down food or is exposed to environmental factors such as tobacco smoke or radiation).

### NOTE: Immune Support

Research shows consuming **adequate amounts** of vitamin C on a **consistent basis** help support immune function. However, **occasional, irregular, or acute consumption** has not been shown to provide benefits related to immune function support.

## SOURCES

Vitamin C is not stored in the body, so it should be regularly consumed through the diet.

### Fruits

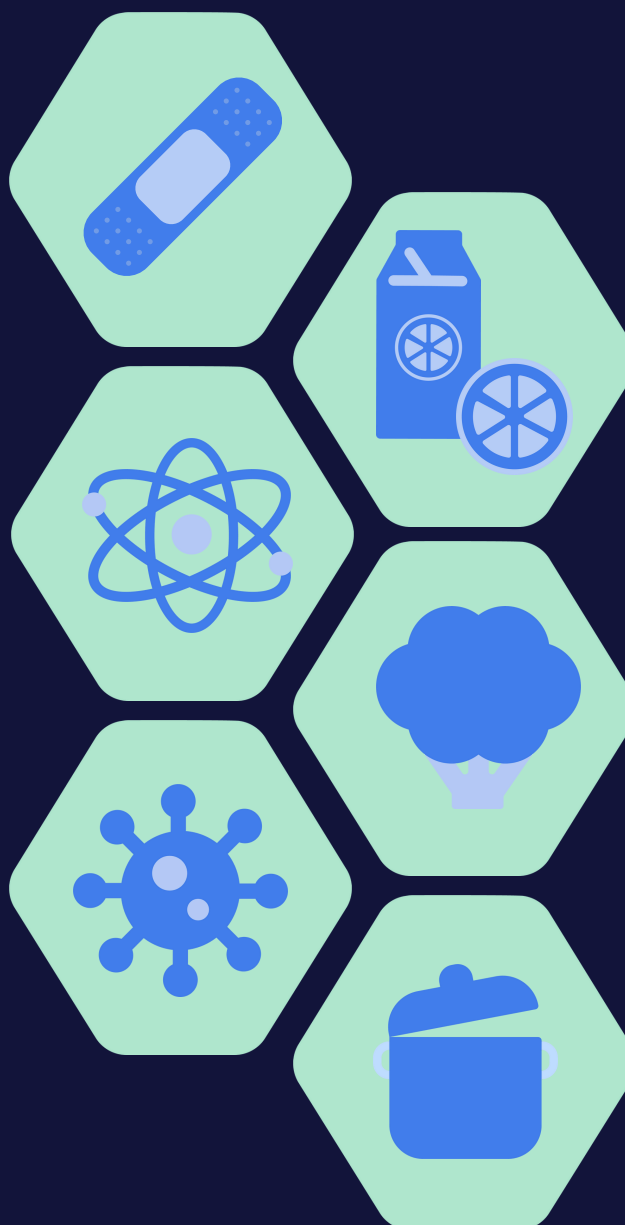
Especially **citrus** like oranges and grapefruit, but also kiwi, strawberries, and cantaloupe

### Vegetables

Broccoli, brussels sprouts, and cauliflower; green & red peppers; leafy greens such as spinach, cabbage, turnip greens

### NOTE: Vitamin C loss

For maximum vitamin C content, eat **raw, uncooked** fruits and vegetables (cooking, long storage times, and light exposure can reduce vitamin C content). Steaming and microwaving may help reduce losses of vitamin C to cooking.



#### References:

1. A.D.A.M. Medical Encyclopedia. Vitamin C. Reviewed Jan 19, 2023. Accessed Mar 24, 2025. <https://medlineplus.gov/ency/article/002404.htm>
2. National Institutes of Health (NIH). Vitamin C – Fact Sheet for Consumers. Updated Mar 22, 2021. Accessed Mar 24, 2025. <https://ods.od.nih.gov/factsheets/VitaminC-Consumer/>