

# WHY VITAMIN C IS SO IMPORTANT

## WHY IS VITAMIN C IMPORTANT? FOODS HIGH IN VITAMIN C

Vitamin C has many important functions in the body, including:

- keeping your skin, bones, blood vessels and connective tissue healthy
- helping with wound healing
- keeping your immune system healthy
- helping your body absorb iron from the food you eat

There is some research to show that vitamin C may also reduce the length of severe common cold symptoms.

Vitamin C is found in many fruits and vegetables.

Fruits high in vitamin C:

- citrus fruits such as oranges, grapefruit and lemons
- kiwi fruit
- tomatoes
- strawberries
- blackcurrants
- guava



## VITAMIN C AND HUMAN PHYSIOLOGY

Vitamin C (L-ascorbic acid) has been known as an antioxidant for most people. However, its physiological role is much larger and encompasses very different processes ranging from facilitation of iron absorption through involvement in hormones and carnitine synthesis for important roles in epigenetic processes.

## VITAMIN C AND IMMUNE SYSTEM SUPPORT

Among the vastly biological functions in which vitamin C is involved, as a potent antioxidant and radical scavenger, it protects cell constituents against oxidative stress, mediated by reactive oxygen species (ROS) and free radicals.

Vitamin C stands as an essential water-soluble vitamin, antioxidant and has been shown to enhance immunity for the prevention and management of flus and colds..

J Manipulative Physiol Ther 1999 Oct;22(8):530-3.  
doi: 10.1016/s0161-4754(99)70005-9.

The effectiveness of vitamin C in preventing and relieving the symptoms of virus-induced respiratory infections  
H C Gorton, K Jarvis

## ORGANIC VITAMIN C SUPPLEMENTS

My mother investigated the immune benefits of Vitamin C when I was 2 years old and undergoing heart surgery. For my entire childhood Mum gave us vitamin C tablets as she drove us to school. My entire primary school and highschool years. I can not remember having more than a handful of days off school. I actually can't remember ever being sick as a child. As an adult, I have tried to source a less synthetic Vitamin C supplement so I chose Wild C. From 2020 to present day, I have not had a day of feeling sick or a cough or cold.

Real food, vitamin C, beef liver and sunshine I believe have helped me. And I only have 1 kidney.

## PODCASTS

Vitamin C and heart health

<https://open.spotify.com/episode/1XbXbOi2vSIDeABklb1ksPodcast>

Dr. Berg's Healthy Keto and Intermittent Fasting Podcast

<https://open.spotify.com/show/5HT3tYlyW8TJF9KWHQXXtX?si=19c585d9f83845e8>

## YOU TUBE

[Vitamin C's Immune Benefits](#)

[https://www.youtube.com/watch?v=3rZZO\\_8XeFYody](https://www.youtube.com/watch?v=3rZZO_8XeFYody)

## PUBLICATIONS

[Vitamin C: The Real Story : the Remarkable and Controversial Healing Factor](#)

[Steve Hickey, Andrew W. Saul](#)

