

# Vitamin C (Ascorbic Acid) Overview

## Why We Need It?

Vitamin C is an essential water-soluble vitamin that acts as a powerful antioxidant, supporting immune function, skin health, and collagen production. Since the body cannot produce or store it in large amounts, daily intake is necessary.

## Functions in the Body

Immune Support: Enhances white blood cell function, reducing susceptibility to infections.

Antioxidant Protection: Neutralizes free radicals, reducing oxidative stress and inflammation.

Collagen Synthesis: Crucial for skin, joints, and blood vessel health, aiding wound healing.

Iron Absorption: Improves non-heme iron absorption from plant-based foods, preventing anemia.

Brain Health: Supports neurotransmitter function and may help reduce cognitive decline.

Heart Health: Helps lower blood pressure and may reduce the risk of cardiovascular diseases.

## Daily Recommended Intake (RDI):

Men: 90 mg/day

Women: 75 mg/day

Pregnant Women: 85 mg/day

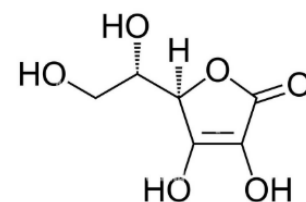
Lactating Women: 120 mg/day

Smokers: Require an additional 35 mg/day

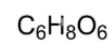
Upper Limit (UL): 2,000 mg/day (excess intake may cause digestive issues like diarrhea).

## Benefits of Supplementation

- Boosts the immune system and reduces the duration of colds.
- Supports healthy, youthful skin by promoting collagen production.
- Reduces oxidative stress and inflammation, lowering disease risk.
- Enhances iron absorption and helps prevent anemia.
- May aid in faster recovery from exercise and reduce muscle soreness.



Vitamin C  
Ascorbic acid



## Most Bioavailable Form

Ascorbic Acid: The most common and effective form.

Sodium Ascorbate & Calcium Ascorbate: Buffered forms, gentler on the stomach.

Liposomal Vitamin C: Encapsulated for improved absorption.

Vitamin C with Bioflavonoids: Enhances effectiveness and absorption.

## Best Food Sources

Citrus Fruits: Oranges, lemons, limes, grapefruit.

Berries: Strawberries, blackberries, blueberries.

Vegetables: Bell peppers, broccoli, Brussels sprouts, spinach, and tomatoes.

Other Sources: Kiwi, papaya, acerola cherries, guava.

## Conclusion

Vitamin C is vital for immune defense, collagen synthesis, and antioxidant protection. Since the body cannot produce it, regular intake through food or supplements is essential. Choosing natural sources or bioavailable supplements ensures optimal health benefits.