



# Vitamin C



NEWSLETTER DATE

## Health Benefits of Vitamin C

The benefits of Vitamin C are indeed numerous, but only when our bodies get enough through diet and supplements.

Although it is probably best known for its ability to boost immune system health, this powerful nutrient serves many important functions. Here are just some of the other health benefits of vitamin C.

- Promotes healing of all body cells
- Essential for building collagen
- Helps prevent cancer and heart disease
- Detoxifies the body
- Supports the good bacteria in your gut
- Kills candida, bacteria, fungi, viruses, and parasites
- Prevents hardening of the arteries
- Neutralizes harmful environmental and bacterial toxins
- Protects us from pollution and dangerous pesticides
- Destroys free radicals
- Combats stress
- Acts as an antidepressant

- Removes heavy metals like mercury and lead
- Lowers high cholesterol



**The Recommended Dietary Allowance (RDA) for Vitamin C is set at 90 mg.**

### Foods High In Vitamin C

Foods rich in Vitamin C are parsley, broccoli, bell peppers, strawberries, oranges, lemon juice, papaya, cauliflower, kale, mustard greens and Brussels sprouts.

### More Benefits of Vitamin C

- A healthy dosage will protect your body from infection and maintain healthy bones and teeth, as well as quicken the body's ability to repair wounds.
- Serves as an effective anti-histamine that will lessen the unpleasant effects of the common cold, including inflammation, stuffy nose,

and aches.

- It is a natural antioxidant that protects the body from oxidative stress which is associated with different types of cancers.
- Lowers blood pressure
- Ensures proper dilation of blood vessels
- Lowers your blood lead level
- Has shown to fight cataracts by increasing the amount of blood flow to the eyes

**Call Us Today For A Vitamin C Shot!**

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