



Vitamin C

What it Does

- Helps immunity
- Increases calcium and iron absorption
- Helps heal wounds, burns, broken bones

Food Sources

- Citrus fruits or 100% fruit juice, (oranges and grapefruits)
- Tropical fruits
- Broccoli
- Cabbage
- Collards
- Tomatoes



Recommendations

- Women need 75 mg, men need 90 mg, and smokers need an extra 35 mg daily from diet plus supplements, but do not exceed 2,000 mg daily
- Most multivitamins provide vitamin C, so additional supplements are not needed in those who consume plenty of fruits and vegetables
- Avoid “high potency” supplements

