

20-50 years old (females) : 750 mcg per day during pregnancy and 250 mcg while breast feeding.

Vitamin C :

Vitamin C is a water soluble vitamin and one of many anti-oxidants. It is needed for normal growth and development. The body does not make vitamin C so we must provide it in our daily food. Please note that heat while cooking can destroy vitamin C in vegetables and fruits. Vitamin C play an important role in the production of collagen, neurotransmitters, L-Carnitine.

Sources of Vitamin C:

Orange, red pepper, spinach, strawberry and lemon

Benefits of Vitamin C:

- Help in faster wound healing
- Repairs tissue and reduce damage from inflammation and oxidation
- Prevents acute respiratory infection
- Resistant tuberculosis bacteria may help in treating cancer.
- High dose reduce speed of growth of cancerous tissue
- Reduce the risk of cataracts
- Lowers cholesterol level
- Enhance absorption of Iron

Deficiency of vitamin C:

- Causes Scurvy - Its symptoms include:
- Bleeding gums
- Anemia
- Swollen joints
- Tiredness.

Dosage:

Adults (male): 90 mg per day

Adults (female): 75 mg per day

Pregnant women: 80 mg and during breast feeding 115 mg