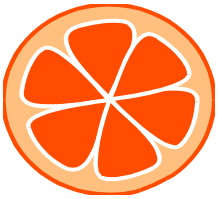

Vitamin C

Helps in the body To:

- absorb iron & so help prevent anemia
- heal wounds, fractures, bruises, and bleeding gums
- prevent fatigue and loss of appetite
- resist infection
- act as an antioxidant
- Aid in cardiac function

New Vitamin C Recommendations:

Average intake:
  200 mg per day

Upper safe limit to prevent toxicity symptoms:
  <500 mg per day

Lower safe limit: to prevent signs of deficiency:
 60 mg per day

Excess Vitamin C may cause:

- Diarrhea & abdominal bloating
- Iron overload
- Vitamin B-12 deficiency
- Possible artery thickening
- Possible kidney stones
- Hyperoxalemia in dialysis patients

Good Food Sources:

Kiwi
Strawberry
Papaya
Citrus fruit
Mango
Cantaloupe
Watermelon
Fortified juices
Hot/Bell pepper
Broccoli
Tomato
Cauliflower
Brussel Sprouts
Potato
Spinach