

Vitamin C

- Chemical name is Ascorbic acid.
- water-soluble
- Antioxidant
- Very inexpensive to add to food, marketing tool.

- Deficiency leads to bleeding gums, hemorrhages

Functions

- ▶ protects your body from free radicals
- ▶ helps form connective tissue that hold your bones, muscles, and tissues together (collagen)
- ▶ aids in the healing of wounds
- ▶ aids the body in absorbing iron from plant sources
- ▶ helps to keep your gums healthy
- ▶ helps your body to fight infections
- ▶ aids in the prevention of heart disease
- ▶ helps prevent some forms of cancer

Zoom- Vitamins- Vitamin C

Importance of Vitamins - Zoom

Back to Home CMap

Scurvy, Colds, Heart disease, & some chronic disease

Quick Aging, Stroke, Cholesterol Increase, TB, Stroke, Circulatory disease, Rheumatism, Streptococcal Infections, Cancer, Asthma, Toxin Removal, Vericose Veins, Vascular system, Viral/ Bacterial Infection, Allergies, Amebic Dysentery, Gallbladder disease/ Gallstones, Cataracts, Alcohol/Drug Withdrawal, Influenza

Collagen Tissue
is needed for
Healthy bones, teeth, gums, blood vessels, Lipid & Vitamin metabolism, Neurotransmitters Biosynthesis, Immune Function, Wound Healing

Vitamin C
(Ascorbic Acid)

Vitamins

such as

Antioxidant

Harmful free Radicals

is utilized more by

Bioflavonoids

Organic compounds needed in small quantities for body's normal functioning

dosage

200-300 mg per day; Smoker:- +35 mg extra

has sources

Citrus Fruits (Lemon, Lime); Berries, Green & Red Peppers, Tomatoes, Broccoli, Spinach; Multivitamin Supplement

Health Care Knowledge System

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Sources

- Vit. C is very fragile – destroyed by cutting, overcooking, air, and water.
- Food Sources:
 - Citrus fruits, strawberries, kiwi, broccoli, tomatoes, and potatoes.

Harmful effects in larger doses: (over 1000mg/ dose)

- Diarrhea
- gastrointestinal discomfort
- rebound Scurvy
- Avoid chewable tablets (may cause damage to teeth)
- Since Vitamin C is water-soluble excess amounts that the body does not need will be excreted, but larger doses can cause some problems. . .

Recommended Dietary Intake

- Men: 60mg/day
- Women: 60mg/day
- Pregnant women: 95mg/day
- Children: 45mg/day

Recommended Dietary Intake

- Take divided doses of the vitamin twice daily to get the best results, and less excretion.
- Smoking, oral contraceptives, steroids, excessive alcohol consumption, and analgesics increase the need for this vitamin

Deficiency of Vitamin C causes

- Weight and teeth loss
- fatigue and joint pain
- scurvy (bruising easily, bleeding gums, and tendency for bones to fracture)
- reduced resistance to colds and infections
- slow healing of wounds and fractured bones

Fact or Fiction: Vitamin C causes Kidney Stone formation

- Study done on 45,251 men that had no previous cases of kidney stones. Some subjects took up to 30 times the RDA (recommended daily allowance) values, and showed no increased risk of kidney stone formation.