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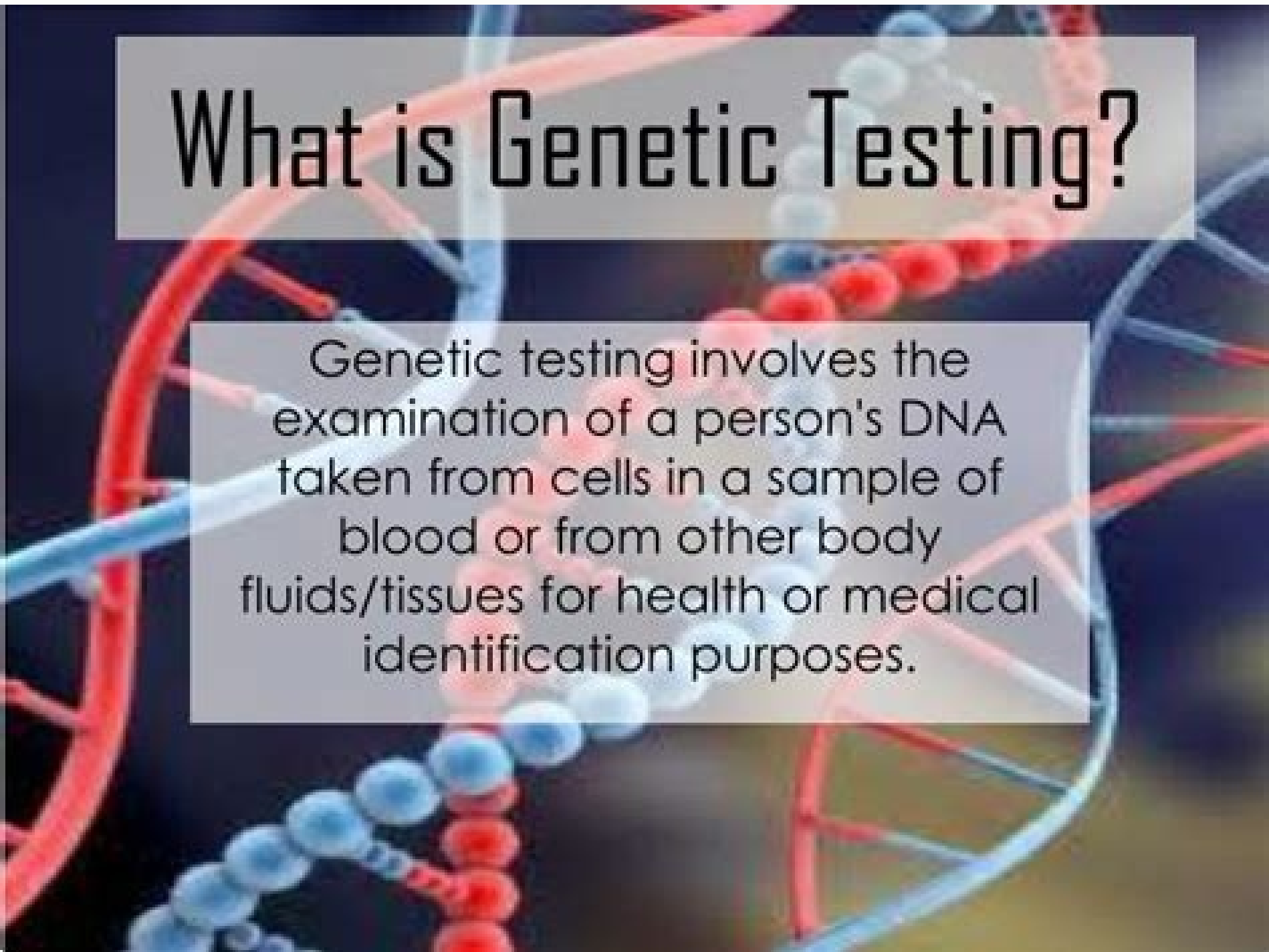
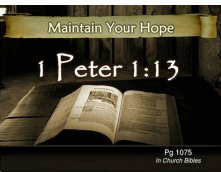


Photo courtesy: Flashpop / DigitalVision // Getty Images either in the form of a drink with Fizzy or Lozenges savored, preventive supplements of the cold and flu almost always highlight vitamin C as one of its key ingredients. So, what is so magic about vitamin C? Also known as ascorbal acid, vitamin C is critical to live healthy. As the human body can not spontaneously generate this nutrient, vitamin C should be absorbed from external sources, such as vitamin supplements or foods that are naturally rich in it. It is commonly found in preventive supplements in cold and flu, vitamin C strengthens and accelerates the functionality of the immune system. Although research does not indicate that the intake of vitamin C per S  alone can prevent the start of cold or flu, adequate daily intake can shorten the duration of an infection or decrease the severity of symptoms. Photo courtesy: Catherine Falls Commercial / Moment / Getty Images Vitamin C is crucial for well-being maintenance. For example, it plays a role in wound healing and helps maintain many essential body tissues. It also act as a powerful antioxidant and can repair the damage of free radicals, which are linked to the effects of aging, and the vulnerability of diseases. In addition, vitamin C can also prevent anemia, as it helps the body increase the absorption of dietary iron, another vital mineral that the body can not create spontaneously. Foods that contain high concentrations of vitamin C have been linked with a lower risk of cardiovascular disease, such as heart attack and stroke. Vitamin C can also increase the levels of nitric  , a compound that widens the blood vessels and, in turn, decreases the arterial pressure. Regular intake of vitamin C, along with other vitamins, has been related to a lower risk of developing age-related cataracts, a major cause of visual deterioration in the United States. Common sources of vitamin C Vitamin C can be easily easily easily Through the many different foods, which include: Photo courtesy: Akaradech Pramoonsoin / Moment / Getty Images Citrus Fruits and juices (orange, grapefruit, lemon, lime and mandarin) Bayas Melons M rmos Kiwi Tomato Br coli Red Peppers Espinaca Squash Patatas Cooking these foods can result in The loss of some of the contents is vitamin, by Nowadays, there are also numerous food products packaged, such as cereals, which have been enriched and fortified with vitamin C, so that the nutrient can be obtained easily. Vitamin C can also be labeled as "ascorbic acid" as a supplement, and most of the free-sale multivitamins contain the recommended daily amount of vitamin. While it is a good source when an individual needs a boost of vitamin C, supplements are not meant to replace a diet rich in natural vitamin C, which occurs when he has too much "or very little" vitamin. C? Vitamin C is a water-soluble vitamin that can be easily downloaded from the body through urination when not needed. Therefore, if the main source of vitamin C is natural food, it is almost impossible for excess vitamin C to produce side effects. However, taking excessive vitamin C supplements of vitamin C may cause diarrhea or stomach discomfort. Photo courtesy: Violeta Stoimenova / E + / Getty Images Since vitamin C-rich foods are very available today, the symptoms of inadequate intake of vitamin C are also rare in the United States. However, malnourished individuals may experience symptoms of vitamin C deficiency over time, including: weakness of fatigue anemia easy pain of vitamin C deficiencyof the joint of the weakened skin fruit from the enamel of the rubber enamel severe inflammation of the vitamin C deficiency is known as escorbuto. Escorbuto can be easily treated with increased diet or vitamin C as vitamin C is crucial in detoxifying vitamin C.body, a lack of vitamin C can compromise the immune system and make an individual more susceptible to diseases and infections. Individuals with insufficient vitamin C may find it takes more than usual to recover from a cold or a physical injury. Daily dose recommendations: The daily dose recommendation of vitamin C is different for everyone, depending on factors such as gender, age, lifestyle and current health condition. The recommended daily dose for vitamin C is at least 75 mg daily for women and 90 mg for men. Since people who are pregnant, breast feeding, smoking or oral contraceptive use have a lower blood level than others, larger doses of vitamin C may be needed to achieve optimal results in these individuals. Those who have previous or current medical conditions may also require larger or smaller dosage levels, as recommended by their healthcare providers. 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