

# VITAMIN C ACROSS THE SPECTRUM

Vitamin C is a water-soluble antioxidant found in many brightly coloured fruits and vegetables, as well as in some less colourful, more-surprising sources. Vitamin C is necessary for proper eye and immune health as well as capillary protection. Vitamin C can also help manage arthritis, rhinitis and mild anxiety. Learn more about the world's most popular vitamin.

## CANADIANS AND VITAMINS

- 47% of Canadian women take vitamin supplements
- 34% of Canadian men take vitamin supplements

## DAILY MINIMUM VITAMIN C REQUIREMENTS<sup>1</sup>

- adult men: 40 mg • adult women: 30 mg
- pregnant women: 30+ mg • lactating women: 45+ mg • children (over 7): 30 mg

## BENEFITS OF VITAMIN C MAY INCLUDE

- protection against immune system deficiencies
- protection against cardiovascular disease
- protection against free radicals
- protection against prenatal health problems
- protection against eye disease
- healthy tissue maintenance
- assistance in the proper absorption of iron
- alleviation of cold symptoms

## WHO NEEDS EXTRA VITAMIN C?

- senior citizens • those with weakened immune systems
- smokers • those with excessive stress
- those with cardiovascular conditions • athletes and very active people

## VITAMIN C FOR COLDS AND STRESS<sup>2</sup>

- battle a cold with 1-3 grams daily
- fight a cold and stress with 600-1000 mg daily
- stave off acute stress with 1 gram, 3 times daily for 2 weeks

## FOODS HIGH IN VITAMIN C

- oranges • lemons • black currants • guava
- kiwi fruit • papaya • tomatoes • strawberries • carrots
- bell peppers • broccoli • potatoes
- cabbage • spinach • paprika
- liver • oysters

## WHAT CAN INDICATE A NEED FOR MORE VITAMIN C?

- poor wound healing
- lung-related problems
- frequent colds or infections
- scurvy

1. <http://www.medicalonline.com.au/medical/nutrition/rdi.htm>

2. [http://www.mayoclinic.com/health/vitamin-c/NS\\_patient-vitaminc/DSECTION=dosing](http://www.mayoclinic.com/health/vitamin-c/NS_patient-vitaminc/DSECTION=dosing)

3. [www.statcan.gc.ca](http://www.statcan.gc.ca)

