

VITAMIN C

REALLY PACKS A PUNCH!



PROMOTES A HEALTHY IMMUNE SYSTEM

Due to the antihistamine factors of high doses of vitamin C, the vitamin promotes optimal immune functions.



PROMOTES CARDIOVASCULAR HEALTH

Studies suggest that high intakes of fruits and vegetables help support cardiovascular health.



PROVIDES ANTIOXIDANT PROTECTION

Vitamin C is considered an antioxidant because of its ability to combat free radicals.



PROMOTES SKELETON, MUSCLE AND SKIN HEALTH

Vitamin C provides structural support found in the bone, skin and connective tissue.



DID YOU KNOW?

Cooking destroys vitamin C activity! Enjoy fruits and vegetables like sweet green and red peppers, hot red and green chili peppers, brussels sprouts, cauliflower, cabbage, kale, collards, mustard greens, broccoli, spinach and strawberries fresh as a healthy snack or side dish.



HELPS MAINTAIN HEALTHY CHOLESTEROL LEVELS

Vitamin C assists in promoting normal levels of cholesterol and normal blood pressure and promotes normal platelet activity.



Vitamin C is a water-soluble vitamin that is naturally present in some foods, added to others, and available as a dietary supplement.

Sources

<http://exposedhealth.com/vitamin-c/>
<https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/#h10>

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