

VITAMIN C ACROSS THE SPECTRUM

What you need to know

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. Learn more about this popular vitamin.

SINGAPORE AND VITAMINS¹

- Vitamin and minerals are the most popular types of supplements taken

RECOMMENDED DIETARY ALLOWANCE OF VITAMIN C²

- adult men: 105 mg per day • adult women: 85 mg per day
- pregnant women: 100 mg per day
- lactating women: 135 mg per day

VITAMIN C CONTRIBUTES TO:³

- the normal function of the immune system
- the normal function of skin
- the normal function of teeth
- the protection of cells from oxidative stress
- the reduction of tiredness and fatigue

DID YOU KNOW?⁴

- cooking reduces the amount of vitamin C in foods

WHO NEEDS EXTRA VITAMIN C?^{3,4}

- individuals with limited food variety
- people with malabsorption and certain chronic diseases
- smokers

FOODS HIGH IN VITAMIN C^{3,4}

- oranges • grapefruit
- guava • kiwi fruit • tomatoes
- strawberries
- bell peppers • broccoli
- potatoes • cabbage • spinach
- cantaloupe • green peas

Source:

1. <http://materialworldsingapore.com/2014/05/07/health-supplements-singaporeans-take-deborah-tan/>
2. <http://www.hpb.gov.sg/HOPPortal/health-article/2652>
3. <http://ods.od.nih.gov/factsheets/VitaminC-QuickFacts/#h1>
4. <http://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/#h3>