



## Vitamin C

**Vitamin C** is an often forgotten nutrient. Did you know that the organs which require the most vitamin C are the adrenal glands, eyes and brain? Further, when you get angry, you lose all the vitamin C in your body instantly!

Vitamin C helps our immune system fight infection but did you know that it also strengthens connective tissue such as bones, ligaments and blood vessels? It helps with the absorption of iron, for healthy blood, and keeps our gums healthy.

### **Vitamin C helps to bind collagen thus preventing wrinkles !**

The main coordinator of our hormones, the pituitary gland, also requires Vitamin C in order to do its job.

So, you can see that this humble vitamin can play a major role in keeping us fit, healthy and balanced.

Food sources of Vitamin C include: blackcurrants, capsicum, pineapple, rosehips, strawberries, broccoli, citrus fruit, guava, parsley, potatoes and raw cabbage.

However, sometimes we need to supplement in order to meet the body's requirements. Some lifestyle habits increase our need for Vitamin C. These include taking Aspirin, steroids, and the affects of fatigue, stress, surgery, smoking, alcohol and diabetes.

Here are a few tips to keep in mind when choosing your vitamin supplements:

- ☺ Your body can only absorb 300 mg of vitamin C at any one time – so frequent lower doses are more efficient than one high dose
- ☺ Products containing only Ascorbic Acid are very acidic and may irritate if you have a sensitive tummy. If sucked they can cause corrosion to tooth enamel.
- ☺ Quality Vitamin C contains not only Ascorbic Acid but also Magnesium, Calcium, Sodium, Zinc & Potassium Ascorbate making it an alkaline alternative, safe for tummy and teeth.
- ☺ Vitamin C powders offer convenience, are easily dosed and can be added to your water bottle for a slow-release throughout the day.

In nature, Vitamin C does not come on its own. Citrus fruits contain bioflavinoids – rutin, hesperidin, citrin and quercetin. When purchasing a supplement, always ensure that it also contains bioflavinoids.

Dagmar is a qualified naturopath and is able to advise you on all your nutritional needs. Self prescribing of any nutrient may have adverse effects so **always seek professional guidance**. Dagmar uses quality practitioner-only, high grade products to ensure you get value for money.