

Vitamin C

The usual dosage of Vitamin C is 500 mg daily to achieve health results.

Vitamin C is mostly found in fruits and vegetables, therefore it is more difficult to get adequate amounts during the winter when a lot of fruits are not in season. Below are some fruits and vegetables with the amount of Vitamin C found in each...

Cantaloupe, 1 cup (8 ounces): 59mg

Orange juice, 1 cup: 97mg

Broccoli, cooked, 1 cup: 74mg

Red cabbage, 1/2 cup: 40mg

Green pepper, 1/2 cup, 60mg

Red pepper, 1/2 cup, 95mg

Kiwi, 1 medium: 70mg

Tomato juice, 1 cup: 45mg

Vitamin C can help with the common cold and the flu. It is not a cure, but it has been shown to help prevent more serious complications such as pneumonia and lung infections.

Vitamin C also affects cells on the inside and outside of the body, including your skin! A study published in the American Journal of Clinical Nutrition examined links between nutrient intakes and skin aging in 4,025 women aged 40-74. It found that higher vitamin C intakes were associated with a lower likelihood of a wrinkled appearance, dryness of the skin, and a better skin-aging appearance.

Vitamin C is not stored in the body, so overdose is not a concern; but it's still important not to exceed the safe upper limit of 2,000 milligrams a day to avoid stomach upset and diarrhea.

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