

Vitamin C

Vitamin C is important to the health and well-being of humans. Numerous studies from centuries ago have proven the anti-aging benefits to Vitamin C. A wonder nutrient and no doubt that many of the life-threatening degenerative diseases plaguing our world today can be both prevented and reversed through adequate intake of Vitamin C. One of its important roles is collagen formation, prevention for many illnesses, and as a free radical fighter. Vitamin C, also known as L-ascorbic acid, is a water-soluble vitamin. Humans depend on Vitamin C for much of our functioning and are one of the few species that cannot produce our own natural supply of Vitamin C.

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How does Vitamin C function in the body?

Vitamin C reaches every cell of the body, similar to the Immune system. It helps the immune system fight off invader and tumor cells. It facilitates fat metabolism, protecting the body from free radicals by supporting the cardiovascular system. The nervous system is also affected by converting amino acids into neurotransmitters. Vitamin C contributes to the health of the skin, bone and teeth, and also helps defeat inflammation and pain.

How much Vitamin C should I take?

The current RDA of 60mg/day is clearly too low and the proposed new RDA of 200mg/day, while adequate for young, healthy males, seems inadequate for the elder and for people with illnesses. A scientific advisory panel to the U.S. Government now recommends all healthy adults increase their Vitamin C intake to 1000mg/day. Larger quantities may be required in reversing or halting serious diseases. There has been some concern that people suffering from hemochromatosis (iron overload) may be sensitive to high doses of Vitamin C. An adequate intake of Vitamin C may be one of the best and most cost effective insurance plans available today!

What foods contain Vitamin C?

Large quantities of the vitamin may be found in fruits and vegetables. Some common fruits include oranges, grapefruits, tangerines, lemons and strawberries. Some common vegetables include tomatoes, broccoli, bell peppers, leafy greens and raw lettuce. Bioflavonoids, water-soluble substances, help protect your capillaries and are found in the white lining of vegetables.

How is Vitamin C absorbed into the body?

Humans are one of the few species that cannot metabolize their own supply of Vitamin C. Humans can only obtain Vitamin C by eating a variety of fruits and vegetables, as well as taking supplements. Vitamin C is absorbed by an active transport system located in our guts and reabsorbed by our kidneys. However, our gut and kidneys reach a saturation point, which is why researches suggest we consume Vitamin C throughout the day by multiple doses.