VITAMIN C

Why do I need it?
→ Acts as an antioxidant
→ Boosts immune system
→ “Recharges” enzymes for body’s chemical reactions
→ Enhances absorption of iron, copper, and chromium

Where can I get it?
→ Citrus fruits, peppers, broccoli, strawberries, peas, cantaloupe, tomatoes, mango
→ Not stored in the body so must be consumed every day!
→ Need 75-90 mg/day (about amount in an orange); supplements rarely necessary

Sourced from: McGuire, M. and Beerman, K. Nutritional Sciences: From Fundamentals to Food