

## Vitamin C Fact Sheet

### *Why is it important?*

Most people know that Vitamin C is important for the **immune system** but it's also needed for lots of other bodily functions. Sufficient vitamin C is needed for:

- Making **collagen** which is an important protein used to make skin, ligaments, tendons, cartilage and blood
- Repairing and maintaining **bones and teeth**
- The **growth and repair** of tissues in the body
- The function of the **adrenal glands** which are involved in several bodily functions

### *Good to know:*

- We can't make vitamin C so have to get it from our diet
- Vitamin C helps the body to **absorb iron** from food
- Vitamin C supplementation has been shown to **reduce blood pressure**
- **Smoking** lowers vitamin C in the body, so smokers are more likely to be deficient

### *Signs of vitamin C deficiency:*

- Poor immune function - frequent coughs and colds
- Bleeding gums / Nose bleeds
- Easy bruising
- Poor wound healing
- Painful and/or swollen joints

### *What are the best sources of Vitamin C?*

Eating a wide range of fruits and vegetables is the best way to get your vitamin C but it's not all about oranges - the following fruits and vegetables contain more vitamin C per 100 grams than oranges:

- Red Cabbage
- Cauliflower
- Strawberries, Blackcurrants, Kiwi Fruit
- Broccoli, Brussels Sprouts, Spring Greens
- Red, Yellow & Green Peppers

***If you have any questions about Vitamin C or want to book a health screen with Dr Shilpa, book an appointment at [www.privategp.org/book](http://www.privategp.org/book) or call 0203 303 0326***