





Vitamin C, also called ascorbic acid, is an **antioxidant** (which combats free radicals) and participates in several reactions in the body, such as the **formation of collagen**, which is part of the body tissues and is important for healing, and in helping the **immune system**.








FOOD SOURCES

				
Acerola 4 units [48 g] 805 mg	Guava 1 small unit [170 g] 388 mg	Cashew 1 unit [90 g] 197 mg	Orange 1 medium unit [180 g] 128 mg	Kiwi 1 medium unit [76 g] 122 mg
				
Papaya 1 slice [170 g] 103 mg	Yellow bell pepper 1 small unit [38 g] 76 mg	Sauteed cabbage 4 tablespoons [60 g] 22 mg	Star fruit 1 unit [75 g] 45 mg	Strawberry 8 small units [56 g] 33 mg

SMOKERS

People who smoke should add an additional 35 mg of vitamin C daily, since the available vitamin C is overused because of the oxidative stress caused by smoking.

NUTRITIONAL REQUIREMENTS

	0 - 12 months old	40 - 50 mg/day
	1 - 8 years old	15 - 25 mg/day
	9 - 13 years old	45 mg/day
	+14 years old	65 - 75 mg/day
	+14 years old	75 - 90 mg/day
	all ages	80 - 85 mg/day
	all ages	115 - 120 mg/day

SIGNS OF DEFICIENCY

Deficiency is rare, since in an adequate and varied diet it is possible to reach the nutritional recommendations. When it occurs, it can cause scurvy, which has as complications gum and tooth problems, bruising and bleeding, fatigue, weight loss, and lack of appetite.

HIGH DOSES

Single doses above 200 mg do not change the amount of vitamin C available for use in the body and thus the effect of the vitamin is not potentiated.