



Do You Know About Vitamin C?

LIFT-OFF!

Vitamin C is necessary for normal growth and development. It is a water-soluble vitamin, which means it dissolves in water. The body cannot store vitamin C, and any leftover amounts in your body will leave through your urine.

You need to have a regular supply of Vitamin C since you cannot store it, and the best way to do this is by eating foods containing the vitamin!

Here are some more amazing facts about VITAMIN C...

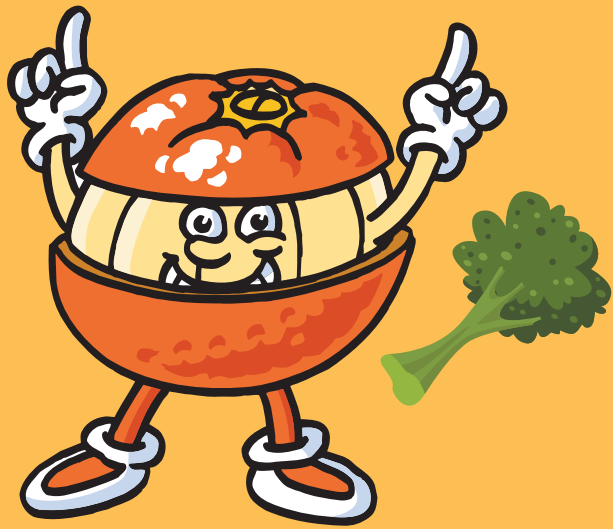
- Vitamin C is required for growth and repair of tissues throughout the body!
- Without Vitamin C, wounds cannot heal!
- Vitamin C helps prevent your hair from drying out and splitting!
- Vitamin C can help keep your skin from getting dry and rough.
- Vitamin C is an antioxidant that can help prevent damage from something called free radicals. Free radicals are leftover after food is turned into energy, and they can cause all sorts of health problems!
- Vitamin C is important for preventing gingivitis (inflammation of the gums)!

Where can you get Vitamin C?

- Citrus fruits (oranges, grapefruits, tangerines)
- Strawberries
- Raspberries
- Blueberries
- Cranberries
- Pineapples
- Green Peppers
- Red Peppers
- Tomatoes
- Broccoli
- Cauliflower
- Leafy Greens
- Sweet Potatoes
- White Potatoes
- Cantaloupe
- Watermelon
- Papaya
- Mango
- Brussels Sprouts
- Cabbage
- Winter Squash



Be sure to eat foods with Vitamin C every day to stay healthy! You'll feel great, you'll "C"!



All information from MedlinePlus.com, a service of the National Library of Medicine and the National Institutes of Health.