

Vitamin C - the Ultimate Antioxidant

Vitamin C is a powerful water-soluble antioxidant, vital for all growth and maintenance in the body. It is easily absorbed through the intestines, but cannot be stored in the body, passing in the urine within 2 to 4 hours. It is therefore safe to use in higher doses for specific problems as the body will only use what is needed.



Health Benefits of Vitamin C

- Slowing down the aging process due to its high antioxidant properties
- Helps maintain healthy cardiovascular system, by strengthening blood capillaries and veins
- Strengthens the immune system and decreases the severity of cold and flu symptoms
- Helps the skin, hair and nails as it supports collagen making in the body and applied topically may reduce scarring
- Acts as natural antihistamine it can help respiratory system problems such as hay fever, asthma and help treat and prevent bronchitis by increasing resistance of bacteria
- Supports the digestive system and may help relieve constipation when taken in high doses
- Good for nervous system support and helps counteract the toxic effects produced by stress

Who needs Vitamin C?

We all need vitamin C, but the following individuals may need above average doses:

- Smokers and regular drinkers of alcohol, coffee and caffeinated products
- Pregnant or Lactating women
- Anyone with acute and chronic inflammatory disease
- Major surgery and burns victims in particular need high doses of Vitamin C to avoid chronic scarring and help avoid infection
- Anyone suffering infections or viruses, generally colds and flu
- The elderly who lack fresh food sources and may be malnourished

Good Food Sources of Vitamin C

- | | |
|-----------------------------|-------|
| • Fresh Orange Juice, 1 cup | 125mg |
| • Grapefruit Juice, 1 cup | 93mg |
| • Papaya, ½ medium | 85mg |
| • Brussel Sprouts, 4 medium | 73mg |
| • Broccoli, raw ½ cup | 70mg |
| • Orange, 1 medium | 66mg |
| • Cauliflower, 1/2 cup | 45mg |
| • Tomato Juice, 1 cup | 39mg |

Continued ...

Note: New Leaf does not endorse any form of treatment, nor does it encourage you to undertake any such treatment on your own. We urge you to see your family healthcare practitioner before undertaking any kind of medical treatment. Supplements are to be taken with an appropriate diet, exercise program and advice from a qualified healthcare practitioner.

- Oysters, natural 100g 30mg
- Soy Beans, 100g 29mg

For product related information, see the [Vitamin C](#) section of our web-site.

Please consult with your health practitioner for more information about Vitamin C and specific products suitable for your needs.

References

- "Vitamin C" - Hyperhealth Pro 2008 (v8.0)

Drop us a line

Ask a question or request an article topic by emailing us at info@newleafonline.com.au

Find out more & make a purchase

Visit www.newleafonline.com.au to find related articles & make a purchase online.

Web:	www.newleafonline.com.au
Email:	info@newleafonline.com.au
Enquiries:	+61 (3) 9376 0820

Note: New Leaf does not endorse any form of treatment, nor does it encourage you to undertake any such treatment on your own. We urge you to see your family healthcare practitioner before undertaking any kind of medical treatment. Supplements are to be taken with an appropriate diet, exercise program and advice from a qualified healthcare practitioner.