



Vitamin C - Ascorbic Acid	
Description	A water soluble vitamin.
Function	An antioxidant, able to neutralise potentially damaging free radicals. Helps the white blood cells to fight infection and is essential for wound healing. Also needed for the formation of collagen, for healthy skin, and for the formation of other structural materials in bones, teeth and capillaries. Helps the absorption of iron from plant (non-animal) sources.
Human Requirements¹	EU RDA: 60mg
Dietary Intake	In the UK, the average adult daily diet provides: for men, 83.4mg; for women, 81mg.
Food Sources	Most fresh fruit (especially citrus fruits), vegetables and fruit juices. Vitamin C is easily destroyed by cooking and is reduced during storage. In fruits, vitamin C accumulates during the period up to the point at which they are ripe. Once ripe, the longer they are left on the tree, the less vitamin C they contain.
Deficiency Symptoms	Poor wound healing, dry skin, broken thread veins, scalp dryness, irritability, weakness. Vitamin C deficiency may lead to scurvy.
Precautions / Contra-Indications	Vitamin C supplements should be used with caution in diabetes mellitus ¹ . Safe Upper Level: 1000mg ²
Pregnancy & Breastfeeding	Suitable to be taken during pregnancy and breastfeeding.
Adverse Effects¹	Vitamin C is considered to be one of the safest of all the vitamins. There appear to be no serious health risks with doses up to 10 g daily, but doses of >1 g daily are associated with diarrhoea, gastric discomfort and mild increase in urination.
Interactions	Some medicines can be affected by vitamin C. Women on the contraceptive mini-pill should not take excessively large doses of vitamin C at the same time of day as this may reduce the pill's effectiveness.
References	1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001. 2. Expert Group on Vitamins and Minerals, 2003.