

Benefits of Ascorbic Acid (Vitamin C) for Disease Prevention

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Editorial

Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the proper functioning of the immune system, wound healing, and the maintenance of cartilage, bones, and teeth. Good sources of vitamin C: citrus fruit, such as oranges and orange juice, peppers, strawberries, blackcurrants, broccoli, brussels sprouts, potatoes. Vitamin C is a vital nutrient for health. It helps form and maintain bones, skin, and blood vessels. It is also an antioxidant. Vitamin C occurs naturally in some foods, especially fruits and vegetables. Vitamin C supplements are also available. Other names for vitamin C include L-ascorbic acid, ascorbic acid, and L-ascorbate. Vitamin C is water soluble, and the body does not store it. To maintain adequate levels of vitamin C, people need to consume food that contains it every day.

The body needs vitamin C for various functions. Here are some of them:

It helps the body produce collagen, L-carnitine, and some neurotransmitters. As an antioxidant, it helps remove unwanted substances known as reactive oxidative species (ROS) from the body. It helps the body absorb iron. It boosts the immune system. It enhances wound healing. ROS are substances such as free radicals that result from natural bodily processes, exposure to pollution, and other factors. They can lead to oxidative stress, which can, in turn, cause cell damage. Vitamin C's antioxidant activity may help reduce inflammation and lower the risk of developing various conditions, including some cancers.

The body needs vitamin C to produce collagen. This is the main component of connective tissue and makes up 1–2% of muscle tissue. Collagen is a vital component in fibrous tissues such as: tendons, ligaments, skin, the cornea, cartilage, bones, the gut, blood vessels. Low levels of vitamin C in the body can lead to scurvy. Symptoms of scurvy include swollen joints, bleeding gums and loose teeth, anemia, and tiredness.

Benefits: Wound healing: Vitamin C helps the body produce collagen and is present in skin, muscle, and other tissues. People with a low intake of vitamin C may experience slower wound healing, as their bodies will be less able to produce collagen.

Cataracts and age-related macular degeneration: have antioxidant properties, help widen the blood vessels, improve nitric oxide production, help reduce plaque instability in atherosclerosis. This could help protect against heart disease and hypertension, or high blood pressure.

Diabetes, Anemia: Vitamin C enhances the absorption of iron, and some healthcare professionals recommend taking vitamin C supplements with iron tablets to improve absorption in people with iron deficiency anemia.

Pollution, Allergies: During an allergic reaction, the immune system triggers an inflammatory response that can lead to symptoms such as swelling and hives. During this process, the body produces ROS, which can lead to oxidative stress. Motion sickness.

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