

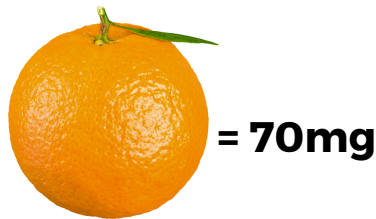
# Vitamin C

## Why do we need it?



- Collagen Synthesis: aids in wound healing & joint health.
- Antioxidant Properties: protects cells from damage.
- Immune Function
- Iron Absorption

**Recommended Daily Allowance: 95 - 110 mg/day.**



**= 70mg**

1 medium orange



**= 85mg**

1 cup Strawberries



**= 95mg**

1/2 cup Pepper



**= 70mg**

1 Kiwi

## Symptoms of Deficiency:

Fatigue



Aches



Easy Bruising



Dry Skin



Bleeding Gums

