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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Best Way To Consume Vitamin C

By Novi White

Eating orange mean absorbing vitamin C to our body, is that right? Probably yes because orange is rich with this nutrient. Vitamin C is a very essential nutrient for human body because its play a great role as a powerful antioxidant.

Thus, it will prevent you from free radicals that can damage organs, tissues, and cells in the body. The antioxidant is also used to prevent and treat the common cold and flu syndromes. In a word, vitamin C is fundamental in preserving healthy immune system..

Another important function of vitamin C is in the formation of collagen, the connective tissue basis, which is mostly found in skin, teeth, and bones. This vitamin is then needed to give support and shape to the body, to help heal the wounds, and to maintain healthy blood vessels. Some studies have also linked vitamin C with its ability to prevent a number of cancers, to reduce the risk of heart disease, to prolong life, and to keep skin healthy.

Known also as ascorbic acid, vitamin C is water-soluble and cannot be stored in the body or kept for later use. The body uses what it needs and the rest is passed in the urine. Thus, it should be taken every day so that you obtain adequate quantity of this vitamin to stay healthy. Consuming foods high in vitamin C is a certainly the perfect way to fulfill it.

Citrus fruits such as oranges, lemons, limes, and grapefruits are great sources of vitamin C. You can also find vitamin C in fresh vegetables like tomatoes, cabbage, asparagus, and green leafy vegetables.

As a substitute, you can also take supplements to complete vitamin C requirement in your body. Natural vitamin C supplements are usually made of rosehips or citrus fruits. These supplements are usually available in tablets or capsules, making it easier for you to acquire sufficient amount of vitamin C; that's if you don't have enough time to eat those fresh foods.

There are some useful tips for you in consuming vitamin C properly:

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1. The first tip is: cook vegetables in the soup and you'll get the vitamin C in the broth. As it is a water-soluble vitamin, you can lose it when you boil foods.
2. Do not store or soak vegetables and fruits in water, as it will lose the vitamin C!
3. Combine vitamin C with other nutrients in order to get the maximum benefits from each nutrient.

>From now on, don't you ever forget to consume vitamin C as it is very important for your body. Eating fresh foods is good. However, taking supplements is also a helpful way to get this vitamin.

Novi White writes health articles on various publications. She has been working with doctors for their research publications. You can visit her Website [MyAntioxydantGuide.com](http://www.myantioxydantguide.com) at

<http://www.myantioxydantguide.com>

Vitamin Supplement

By Rolf Rasmusson

Vitamin Supplement by Rolf Rasmusson

Vitamin supplement – why is it important?

Vitamin supplement or supplements are very important for us because if we do not intake enough vitamins necessary for our bodies, the vitamin supplement will substitute for the shortage of the amount of vitamins in our system. Many times a good diet will be enough, but when it is not, the vitamin supplement will make sure that you intake enough vitamins for you to be healthy.

Vitamin supplement – vitamin A.

Why is it important to use vitamin A vitamin supplement? Many health sources state that vitamin A plays an important role in vision, bone growth, reproduction, cell division and cell differentiation. Vitamin A can be found in many animal foods like liver and eggs and in some plants. But if you don't intake enough vitamin A with you foods, the vitamin supplement will definitely help.

Vitamin supplement – vitamin D.

Another important vitamin supplement is the supplement for vitamin D. The major function of vitamin D is to maintain normal blood levels of calcium and phosphorus, helping to form and maintain strong bones. Vitamin D can be found in foods (for example vitamin D fortified milk, fatty fish, and fish oils). Another important source of vitamin D is exposure to sunlight (ultraviolet rays).

Vitamin supplement – vitamin E.

Vitamin supplement for vitamin E is another example of important supplement. Vitamin E is a very

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powerful biological antioxidant, which plays a great role in preventing cell damage that may contribute to the development of cardiovascular disease and cancer. Vitamin E can be found in, for example, vegetable oils, nuts, and green leafy vegetables. If you do not intake enough vitamin E with your foods, the vitamin supplement will help.

Additional interesting content at www.nutritional-supplement-4u.com

30-Day Low Carb Diet 'Ketosis Plan'



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