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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 Effectiveness of Vitamin C

By Anusuya Veth

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by: **Anusuya Veth**

Food Sources

Some of the sources of vitamin c are cabbage, cauliflower, guava, kiwi, papaya and strawberries.

Who Needs Extra Vitamin C?

Although all of us need vitamin c there are others who need it more than us. Who are they?

1. Elderly Folks

As one grows older the ability to absorb vitamin c also decreases.

2. Smokers

Smoking not only harms the lungs but it also depletes vitamin C from the body.

3. Undergoing Surgery

How it helps in preventing cancer?

http://www.geocities.com/wow_mag/

wow_mag@yahoo.com

Vitamin Supplement

By Rolf Rasmusson

Vitamin Supplement by Rolf Rasmusson

Vitamin supplement – why is it important?

Vitamin supplement – vitamin A.

Vitamin supplement – vitamin D.

Vitamin supplement – vitamin E.

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