



## VITAMIN C

One of the earliest descriptions of deficiency disease was given by Jacques Cartier in 1536, who described the symptoms of what is now known to be scurvy. However it was not until 1753 that James Lind, a Scottish physician, documented a way to prevent this disease by supplementing the diet with lemon or lime juice which subsequently led to the British sailors being nicknamed "limies". We now know that the active ingredient that has such a powerful anti-scurvy effect was vitamin C, and consequently vitamin C supplementation has been popular ever since.

### The Benefits of Vitamin C

**Infection** - studies have shown that vitamin C levels become depleted during the course of infection.

**Convalescence** - following surgery or fractures vitamin C has been shown to help the healing process.

**Teeth and Gums** - as well as being required for healthy teeth and gums it has been shown to result in rapid healing of gums when taken before and after extractions.

**Anaemia** - vitamin C is very important in iron metabolism and consequently anaemia treatment.

**Haemorrhagic disorders** - vitamin C may help to strengthen fragile capillaries, especially in conjunction with bioflavonoids.

**Osteoarthritis** - has been shown to benefit sufferers probably due to its collagen formation role, plus, it has been shown to relieve the pain and stiffness.

### Properties

**Collagen formation** - Vitamin C plays a primary role in collagen formation which is required for the growth and repair of body tissue cells, gums, blood vessels, bones and teeth.

**Iron absorption** - helps the body absorb iron.

**Antioxidant** - transfers radical vitamin E back to its protective form.

### Contra-indications / Precautions

Vitamin C supplementation is not advisable for people who suffer from renal stones.

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