

COVID-19 Information x

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Vitamin C



Vitamin C is a water-soluble vitamin. It is needed for normal growth and development.

Water-soluble vitamins dissolve in water. Leftover amounts of the vitamin leave the body through the urine. Although the body keeps a small reserve of these vitamins, they have to be taken regularly to prevent a shortage in the body.

Function

Vitamin C is needed for the growth and repair of tissues in all parts of your body. It is used to:

- Form an important protein used to make skin, tendons, ligaments, and blood vessels
- Heal wounds and form scar tissue
- Repair and maintain cartilage, bones, and teeth
- Aid in the absorption of iron

Vitamin C is one of many antioxidants. Antioxidants are nutrients that block some of the damage caused by free radicals.




- Free radicals are made when your body breaks down food or when you are exposed to tobacco smoke or radiation.
- The buildup of free radicals over time is largely responsible for the aging process.
- Free radicals may play a role in cancer, heart disease, and conditions like arthritis.

The body is not able to make vitamin C on its own. It does not store vitamin C. It is therefore important to include plenty of vitamin C-containing foods in your daily diet.

For many years, vitamin C has been a popular household remedy for the common cold.

- Research shows that for most people, vitamin C supplements or vitamin C-rich foods do not reduce the risk of getting the common cold.
- However, people who take vitamin C supplements regularly might have slightly shorter colds or somewhat milder symptoms.
- Taking a vitamin C supplement after a cold starts does not appear to be helpful.

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