Everyone would agree to Zelman (2021) about the fact that vitamin C is one of the safest and most effective nutrients. It is an essential vitamin, meaning your body can’t produce it (Raman, 2020). Vitamin C is commonly be found in various fruits and vegetables that is why it is a water-soluble. Studies explains that even if it may not be a treatment for flu, vitamin C may protect individuals against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease, and even skin wrinkling.

While it is commonly recommended by specialists to take vitamin C from foods, numerous individuals choose to make use of supplements to meet the right amount needed. But how much vitamin C is needed to be considered enough?

Based on studies of Moyad (2007), a suggestion of 500mg of vitamin C (that is much higher than the RDA of 75 – 90mg), in addition to eating five servings of fruits and vegetables a day. He explains that the safe upper limit for vitamin C is 2,000mg a day, and there is a great track record with evidence that taking 500mg daily is safe.

To reach 500 mg, here are the foods and beverages you would need to consume:

- Cantaloupe 1 cup (8 ounces) 59mg
- Orange juice 1 cup 97mg
- Broccoli (cooked) 1 cup 74mg
- Red cabbage 1/2 cup 40mg
- Green pepper 1/2 cup 60mg
- Red pepper 1/2 cup 95mg
- Kiwi 1 medium 70mg
While it is good to gain the recommended amount of vitamin C, it is also a must to know the scientifically proven benefits of taking it.

1. May reduce the risk of chronic disease. Vitamin C is a resilient antioxidant that can boost blood antioxidant levels (Hill, 2018), which may help to reduce the risk of chronic diseases such as heart disease.

2. May help manage high blood pressure. Vitamin C supplements lower blood pressure in both healthy adults and those suffering high blood pressure.

3. Reduces blood uric acid levels and helps prevent gout attacks. Vitamin-C-rich foods and supplements reduce blood uric acid levels and lower the possible risk of gout.

4. Helps prevent iron deficiency. Vitamin C improves absorption of iron that is poorly absorbed, such as iron from meat-free sources. Likewise, it also reduces the risk of iron deficiency.

5. Boosts immunity. Vitamin C helps white blood cells function more effectively, strengthens the skin’s defense system, as well as helping wounds heal faster.

6. Protects the memory and thinking. Low vitamin C levels may lead to an increased risk of memory and thinking disorders like dementia. On the other hand, protective effect can be gained when individuals have high intake of vitamin C from foods and supplements.

References:

