

Practical Nutrition Tips: Food Sources of Vitamin C



Vitamin C

Vitamin C is one of the most common of the high dosage vitamin therapies in use in the general public. This is due in large part to the work of Dr. Linus Pauling, a Noble prize winning chemist in the 20th century. From a chemist's point of view, ascorbic acid occurring naturally in lemon juice or synthetically produced in isolate form in the lab is the same thing. However, many have shown in [earlier](#) and more [recent](#) work that the entire vitamin C complex is of value and can be more effective than the ascorbic acid alone. I highly recommend food and [food based supplements](#) over the synthetic vitamin containing large doses of ascorbic acid.

Further Reading

[Vitamin C](#)

[Ascorbic Acid is not Vitamin C](#)

[Vitamin C & Heart Disease](#)

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Rich in the following foods...

Berries (acerola, strawberries)
Broccoli
Brussels sprouts
Cantaloupe
Carrots
Cauliflower
Kiwi Fruit
Oranges, Lemons
Papaya
Red Bell Peppers
Greens - Parsley, Kale, Mustard Greens
Paprika

Supports the following systems...

Cardiovascular (assists in cholesterol metabolism)
Blood (aids in iron absorption)
Immune (aids in fighting infection)
Musculoskeletal (connective tissue formation)
Nervous (neurotransmitter formation)

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