

7 Foods containing Vitamin C

Written by **Dr. Edward Group**, Founder, Global Healing

Vitamin C is an antioxidant present in many fruits and vegetables.^[1] Also known as *L-ascorbic acid*, vitamin C has a wide variety of uses in the body. It supports normal growth and development and helps the body repair damaged tissue.^[2, 3] Vitamin C also assists in the production of *collagen*, a protein that's necessary for healthy skin, cartilage, tendons, ligaments, and blood vessels.^[4]

To say that vitamin C is beneficial would be an understatement. It influences iron absorption and helps fight cell-damaging free radicals.^[5] A 16-year study found that regular [vitamin C supplementation promoted heart health](#).^[6] Additionally, people who consume [foods rich in vitamin C](#) or other antioxidants may lower their risk of high blood pressure.^[7, 8, 9]

High Doses of Vitamin C

In the 1970s, chemist and Nobel Peace laureate, *Linus Pauling*, proposed that high doses of vitamin C could help prevent the common cold.^[9] Many people swear by Pauling's claim that vitamin C can [boost the immune system naturally](#), but the research is still inconclusive.

A number of studies have examined whether high-dose vitamin C can provide extraordinary therapeutic results. Results thus far are inconclusive. However, animal studies have found that vitamin C may make traditional therapies more effective.^[10]

Natural Dietary Sources of Vitamin C

Many types of food are fortified with vitamins and vitamin C is usually in the mix. However, like all vitamins, it's best to get your daily intake from organic, natural sources and the best, natural sources of vitamin C are fruits and vegetables. Below are some of the best foods for vitamin C.^[11]

Sources of Vitamin C

Food and Serving Size	Vitamin C (mg/serving)
Red or Yellow Bell Pepper, Raw, 1/2 cup	95
Orange Juice, 3/4 cup	93
Orange, 1 medium	70
Grapefruit Juice, 3/4 cup	70
Kiwifruit, 1 medium	64
Green Bell Pepper, raw, 1/2 cup	60
Broccoli, cooked, 1/2 cup	51
Strawberries, fresh, sliced 1/2 cup	49
Brussels sprouts, cooked, 1/2 cup	48
Grapefruit, 1/2 medium	39
Broccoli, raw, 1/2 cup	39
Tomato juice, 3/4 cup	33
Cantaloupe, 1/2 cup	29

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Cabbage, cooked, ½ cup	28
Cauliflower, raw, ½ cup	26
1 Lemon Yield, 48g	18.6
Potato, baked, 1 medium	17
Tomato, raw, 1 Medium	17
Spinach, cooked, 1/2 cup	9
Green peas, frozen, cooked, 1/2 cup	8

Daily Intake of Vitamin C

The amount of vitamin C that a person needs may vary with factors like age or whether a person is smoking, pregnant, or even breastfeeding. These are the guidelines provided by the U.S. *Office of Dietary Supplements*:^[12]

Recommended Daily Allowances of Vitamin C

Age	Female	Male	Pregnant female	Breastfeeding female
0-6 mos	40 mg	40 mg	N/A	N/A
7-12 mos	50 mg	50 mg	N/A	N/A
1-3 yrs	15 mg	15 mg	N/A	N/A
4-8 yrs	25 mg	25 mg	N/A	N/A
9-13 yrs	45 mg	45 mg	N/A	N/A
14-18 yrs	65 mg	75 mg	80 mg	115 mg
19+ yrs	75 mg	90 mg	85 mg	120 mg

Dangers of Vitamin C Deficiency

A lot of people might think “scurvy” is just pirate lingo, but it’s actually a disease caused by a lack of vitamin C. Symptoms of scurvy include fatigue, gum disease, anemia, scaly skin, and easy bruising.^[7] Vitamin C deficiency is uncommon in the United States these days but some people remain at risk.^[13]

People who get too little variety in their food may not receive adequate nutrition. Normally, when we hear “malnourished” many of us think “starving”, but what it’s more likely to mean is that a person is deficient in specific nutrients and it’s affecting their health. Those who rely on a carnivorous diet might miss their daily quota for vitamin C as meat and dairy don’t contain much of this critical nutrient. Infants fed evaporated or boiled cow’s milk may not get enough vitamin C, especially since cow’s milk is low in vitamin C to begin with. Breast milk and infant formula are both better sources of vitamin C.

Some medical conditions can cause vitamin C deficiency. Digestive tract injuries or inefficiencies, genetic diseases, and other issues can negatively affect not just vitamin C absorption, but nutrient absorption as a whole.^[13] Kidney disease and some types of cancer can also cause vitamin C deficiency.^[14]

Smoking cigarettes is a bad idea for many reasons. One of the effects of the tissue damage it causes is the body using up vitamin

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C at a faster rate than normal. As a result, smokers and people exposed to second-hand smoke may need an extra 35 mg of vitamin C a day.^[13]

organic, liquid formula loaded with all the nutrients you need, as well as powerful antioxidant and immune system stimulators. It's as complete as it gets.

Vitamin C Supplementation

Usually, if you follow a balanced diet with a foundation of organic fruits and vegetables, you'll get all the vitamin C you need. If you don't, vitamin C supplementation might be something to consider and discuss with your healthcare provider.

Be aware of the difference between [synthetic and natural vitamins](#). Synthetic supplements are manufactured with unnatural ingredients and chemicals. They are made to mimic natural vitamins but not everyone is convinced of their efficacy. Conversely, natural supplements are made using ingredients drawn straight from their natural sources.

Vitamin C supplements are usually available as ascorbic acid, sodium ascorbate, or calcium ascorbate.^[14] Synthetic and natural ascorbic acid have similar properties, but I always recommend a natural, [plant-based source](#).^[15, 16]

If your diet isn't providing you with enough vitamin C, you should consider that it's not providing you with all the other nutrients your body requires, either. In such a case, you may want to skip the vitamin C supplement and look for a solid multivitamin. I recommend [IntraMAX®](#) and believe, without a doubt, that it's the best multivitamin available anywhere. It's an