

Title:

A to Z of Vitamin C

Word Count:

533

Summary:

The article talks about the importance of vitamin C supplementation. With the proper food consu

Keywords:

diet, infection

Article Body:

Vitamin supplements are very important in prevention of unwanted health ailments that is parti

Ascorbic Acid or Vitamin C is one of the most popular health supplements that is supposed to b

In addition to these health benefits, Vitamin C also plays an important role in promoting the

The current recommended daily allowance (RDA) for Vitamin C is 75 milligrams (mg) a day for wo

It's easy to get ample amounts of Vitamin C from one's diet as long as it contains adequate am

Individuals who want to Vitamin C supplementation should seek the recommendation of doctors an

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