

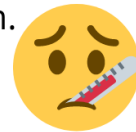
Boost Your Immunity With Vitamin C

1 What does it do?

Vitamin C can support a healthy immune system and keep the body's tissues healthy through growth and repair.

2 Decrease sickness

Vitamin C does not keep you from contracting colds, but it can decrease the duration and symptoms of them.



3 Antioxidants

Vitamin C fights free radicals, which may decrease soreness and help prevent or delay certain cancers and heart disease.

4 Vitamin C consumption

The body cannot make vitamin C, so you need to consume it! When you lack vitamin C, it can make you more prone to sickness.



5 Other benefits

Vitamin C improves absorption of iron, which, helps to support the immune system. It can also help to heal wounds and maintain cartilage, bone, teeth, and skin integrity.

