

[United Security Assurance](#), the right place for LTCi.



Vitamin C - It's Not Just for Cold Season

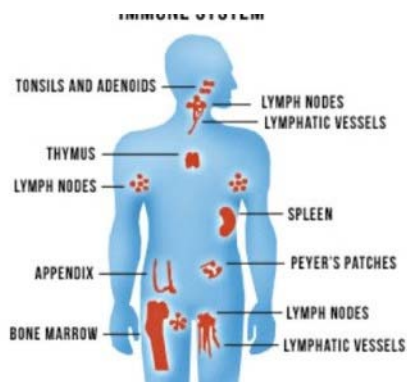
I grew up thinking Vitamin C was to help get over a cold and help you stay healthy by improving your immune system. However, this is only part of the story. Vitamin C is an essential vitamin, meaning it cannot be produced by the body, but it has many roles in the body and has multiple health benefits. Vitamin C is found in many fruits and vegetable, including oranges, strawberries, kiwi fruit, bell peppers, broccoli, kale and spinach; but most people get their vitamin C from supplements. It is recommended that one take 74mg/day (women) or 90mg/day (men). Some scientifically proven benefits of taking a Vitamin C supplement are:

- **Fight against chronic disease** - Vitamin C is a strong antioxidant that may reduce the risk of chronic disease by fighting free radicals, and boosting the body's natural defenses to fight inflammation.
- **Fights heart disease risk factors, potentially lowering heart disease risk** – Combined studies have shown that 500-700mg of a Vitamin C supplement have been linked to a reduced risk of heart disease by lowering risk factors, such as “bad” LDL cholesterol and blood triglycerides. Vitamin C also relaxes blood vessels that carry blood from the heart, which helps reduce blood pressure levels.
- **Fight against gout attacks** – Several studies have shown that Vitamin C may help reduce uric acid in the blood, helping prevent uric acid deposition in joints that lead to painful Gout attacks.
- **Helps prevent Iron deficiencies** – Vitamin C supplements can help improve the absorption of iron from the diet, especially from plant-based sources, which are typically poorly absorbed.



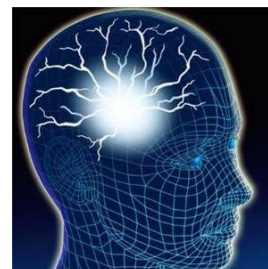
ORGANS OF THE
IMMUNE SYSTEM

- **Boosts immunity** – Vitamin C



encourages the production of white blood cells which help protect the body against infections; Vitamin C helps the white blood cells function more effectively while protecting them from damage by potentially harmful molecules, such as free radicals; and Vitamin C is an essential part of the skin's defense system where it can act as an antioxidant and help strengthen the skin's barriers which can shorten wound healing time.

- Protects memory and thinking as we age –**
 Oxidative stress (an imbalance between free radicals and antioxidants in the body) can lead to impaired memory and thinking. Vitamin C, as an antioxidant, helps neutralize free radicals that can affect the brain and central nervous system and help prevent tissue damage.



Although Vitamin C has not been clearly proven to prevent the “common cold”, reduce cancer risk, or protect against eye disease, the fact that it neutralizes free radicals within the body to assist the immune system to improve one's ability to do these things naturally. So increase your intake of fruits and vegetables such as oranges, kiwi, lemon, guava, grapefruit and papaya, cantaloupe and strawberries, broccoli, cauliflower, and Brussels sprouts and/or invest in a quality Vitamin C supplement; your body will thank you.

Email us topics or specific questions that you would like us to cover.

FOR PRODUCER USE ONLY

The following websites were referenced for this article:

<https://www.healthline.com/nutrition/vitamin-c-benefits>

<https://www.healthline.com/health/oxidative-stress#effects>

<https://www.healthxchange.sg/food-nutrition/food-tips/vitamin-c-best-food-sources-need>



[Unsubscribe](#)

This message was sent to **email@example.com** from **usamarketing@usa-cal.com**

United Security Assurance
Company of Pennsylvania
673 East Cherry Lane
Souderton, PA 18964

