

VITAMIN C (ASCORBIC ACID)



Oregon State University
Linus Pauling Institute

MAIN FUNCTIONS

- Antioxidant defense
- Enhances immune function
- Needed to make collagen, carnitine, and the neurotransmitters serotonin and norepinephrine

DAILY RECOMMENDATION

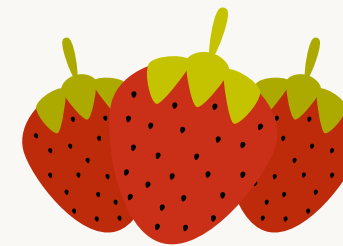
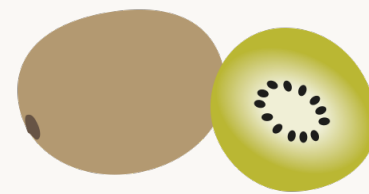
400
mg

All Adults

GOOD SOURCES

Fruit

- Kiwifruit, 1 medium-sized, 90 mg
- Strawberries (whole), 1 cup, 85 mg



mg = milligrams

Vegetables

- broccoli • kale • tomatoes
- Sweet Red Pepper, ½ cup chopped, 95 mg



SPECIAL NOTES

- Heat destroys vitamin C. Try to eat fresh foods and cook by steaming, microwaving, or stir-frying.
- Vitamin C in food is identical to vitamin C in supplements.
- The Daily Recommendation listed is specific to the LPI based on extensive review of the scientific evidence. The Institute of Medicine's Recommended Dietary Allowance (RDA) is 90 mg/day for men and 75 mg/day for women.