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Photo courtesy: Flashpop / DigitalVision // Getty Images either in the form of a gaseous drink or flavor pills, the preventive supplements against the cold and the flu almost always highlight vitamin C as one of its key ingredients. So, what is vitamin C? Also known as ascorbal acid, vitamin C is fundamental for a healthy life. Since the human body can not spontaneously generate this nutrient, vitamin C must be absorbed from external sources, such as vitamin supplements or foods rich in natural way. Vitamin C, which is commonly found in preventive supplements against The cold and influenza, strengthens and accelerates the functionality of the immune system. Although research does not indicate that the intake of vitamin C for Sâ alone can prevent cold or flu, adequate daily intake can shorten the duration of an infection or decrease the severity of symptoms. Photo courtesy: Catherine Falls Comercial / Moment / Getty Images Vitamin C is crucial for well-being maintenance. For example, he performs a role in wound healing and helps maintain many essential body tissues. It also act as a powerful antioxidant and can repair the damages caused by free radicals, which are related to the effects of aging and vulnerability to diseases. In addition, vitamin C can also prevent anemia, as it helps the body increase the absorption of dietary iron, another vital mineral that the body can not create spontaneously. Foods that contain high concentrations of vitamin C have been linked to a lower risk of cardiovascular diseases, such as myocardial infarction and stroke. Vitamin C can also increase levels of nitric oxide, a compound that widens blood vessels and, in turn, decreases the arterial pressure. In addition, the regular intake of vitamin C, together other vitamins, has been linked to a lower risk of developing age-related cataracts, one of the leading causes of visual impairment in the United States.Common Sources of Vitamin Vitamin C can be easily obtained from different foods, including: Photo courtesy of Akaradech Pramoonsin/Moment/Getty Pramoonsin/Moment/Getty Citric and juices (orange, grapefruit, lime, and tangerine) berries melons mangoes kiwi tomato broccoli red peppers spinach pumpkin potatoes that cook these foods can result in the loss of some of the vitamin contents, making it ideal to ingest them. Full tunto or juico. Today, there are also many packaged food products, such as cereals, that have been enriched and fortified with vitamin C, so that the nutrient can be easily obtained. Vitamin C can also be labeled as "ascorbic acid" in the form of a supplement, and most over-the-counter multivitamins contain the recommended daily amount of the vitamin. While it is a good source when an individual needs a boost of vitamin C, supplements are not intended to replace a diet rich in naturally occurring vitamin C, which happens when he has too much "or too little" vitamin. C? Vitamin C is a water-soluble vitamin that can be easily discharged from the body through urination when it is not needed. Therefore, if the main source of vitamin C is natural foods, it is almost impossible for excess vitamin C to produce side effects. However, taking vitamin C supplements in excess of vitamin C can cause diarrhea or upset stomach. Photo courtesy: Violeta Stoimenova / E + / Getty Images Since vitamin C-rich foods are widely available today, symptoms of inadequate vitamin C intake are also rare in the United States. However, malnourished individuals may experience symptoms of vitamin C deficiency over time, including: weakness of anemia fatigue easy pain of the joints of the fruit of the skin weakened enamel of the gum enamel severe inflammation of the deficiency Vitamin C is known as scurvy. Scurvy can be easily treated with increased diet or vitamin C. Since vitamin C is crucial in detoxifying the body, lack of vitamin C can compromise the immune system and make an individual more susceptible to diseases and infections. Individuals with insufficient vitamin C may find that it takes longer. time. Usually recovering from a cold or a physical wound. Daily dosing recommendations: The daily dosage recommendation for vitamin C is different for everyone, depending on factors such as gender, age, lifestyle and current health condition. The recommended daily dose for vitamin C is at least 75 mg daily for women and 90 mg daily for men. Because people who are pregnant, who are pregnant, breastfeeding, smoking or using oral contraceptives have a lower level of vitamin C than others, you may need larger doses of vitamin C to achieve optimal results in these people. Those who have previous or current medical conditions may also require smaller or smaller dose levels, as recommended by their health care providers. Resource links: More from Sintomfind.com Hepatitis C, a virus that attacks the liver, is a difficult disease. Some people have it and can never get to know it, as they are affected by any kind of symptoms. You can remain silent until there is serious damage to your liver. If I should have symptoms of hepatitis C, what would they look like? Acute hepatitis C is the stage when you are first exposed to the disease. If you have symptoms, here are some that you should look for, as indicated by the Mayo Clinic. These include bruising easily, fatigue, bleeding easily, itchy skin, jaundice or yellowing of the skin, dark urine, confusion and swelling in your legs. Symptoms usually appear between two and 12 weeks after being exposed to the virus and the last two weeks to three months, according to the Mayo Clinic. Who is at risk for hepatitis C? Hepatitis C is a virus transmitted through the blood of one person. to another. Here are some situations that put you at a higher risk of getting the disease cited by the Mayo Clinic. These include if you have HIV, injecting or medicines, are a health care worker who may be exposed to contaminated blood, has been in prison, received a tattoo or perforation from a questionable environment or was born to a woman with hepatitis C. Also, the born born The years 1945 and 1965 are cause for concern, as they are five times more likely to be infected with hepatitis C than people born outside this time frame. Chepatitis C creitis is the leading cause of liver cancer and liver transplants, according to WEBMD. . It's curable. However, there is no easy solution that works for every person. There are different strands of hepatitis C and therefore no pill can treat them all. You and your doctor will need to work together to figure out which antiviral drugs will work in your particular situation. Most medicines can remove all traces of the virus from your blood in about 12 weeks. Providing the Best Hepatitis CThe best and easiest way to prevent hepatitis C is to ensure that you are making the right decisions. Practice safe sex: use a condom. If you use illicit drugs, you should seek treatment for a litany of reasons, never share needles with other users. Be sure to check the hygienic conditions of a place before you decide to get piercings or a tattoo. It can also cause cirrhosis of the liver, which creates massive scarring and makes it difficult for the liver to function as it should. This can lead to complete liver failure and the need for a transplant to stay alive. More from symptomfind.com symptomfind.com

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