

15 SCIENTIFIC FACTS REGARDING THE BENEFITS OF VITAMIN C

- 1) Necessary for collagen formation.
- 2) Helpful for a more active sex life.
- 3) Works as a detoxifier.
- 4) Potent antioxidant.
- 5) Helps the body absorb iron.
- 6) Boosts immune system and accelerates healing.
- 7) Helps decrease blood cholesterol and triglycerides.
- 8) Helps counteract the formation of nitrosamines
(cancer causing substance).
- 9) Prevents scurvy.
- 10) Helps lower blood pressure.
- 11) Acts as a natural laxative.
- 12) Lowers the incidence of blood clots in veins.
- 13) Enables protein cells to hold together.
- 14) Reduces effects of some allergy producing substances.
- 15) Helps reduce gum inflammation.

Common Uses for Vitamin C: ADHD, Aging, Allergies, Alcohol withdrawal, Amebic dysentery, Antihistamine, Arteriosclerosis Arthritis, Asthma, Bacterial infection, Bedsores, Bleeding gums, Bruising, Burns, Cancer, Cataracts, Cholesterol (lowers), Circulatory disease, Collagen formation, Common cold, Dizziness (inner ear), Drug withdrawal, Gallbladder disease/gallstones, Hay fever, Heart disease, Hemorrhoids, Herpes, HIV/AIDS, Increased energy, Infections (viral/bacterial/fungai), Influenza, Iron absorption, Liver detoxification, Menopause symptoms, Oral herpes, Oxidation (protects nutrients), Pain, Pollutants (neutralizes), Pre-eclampsia, Radiation damage, Rheumatism, Scurvy, Streptococcal infections, Strokes, Tetanus, Toxin removal, Tuberculosis, Varicose veins, Vascular system problems, Viral encephalitis, Wound and Bruise healing.