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Vitamin C also known as ascorbic acid and ascorbate is a water soluble vitamin found in citrus and other fruits berries and vegetables it is also a generic prescription medication and in some countries is sold as a non prescription dietary supplement. Vitamin C is an antioxidant that helps protect your cells against the effects of free radicals molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation from the sun x rays or other sources free radicals might play a role in heart disease cancer and other diseases.

Vitamin C (VC) is a water soluble vitamin that is naturally present in some foods added to others and available as a dietary supplement. Humans unlike most animals are unable to synthesize vitamin C endogenously so it is an essential dietary component.

Vitamin C is a water soluble vitamin with a variety of benefits but our bodies can't make it we need to consume it through the food we eat or by supplementation. This article explores what vitamin C plays a role in controlling infections and healing wounds and is a powerful antioxidant that can neutralize harmful free radicals. It is needed to make collagen a fibrous protein in connective tissue that is weaved throughout various systems in the body nervous immune bone cartilage blood and others.

Vitamin C is an essential vitamin meaning your body can't produce it yet it has many roles and has been linked to impressive health benefits. It's water soluble and found in many fruits and

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