



THE WONDERS OF VITAMIN C

How much do you know about vitamin C? While many people only associate vitamin C with orange juice, there's a lot more to discover about this essential nutrient! Learn more about how vitamin C plays a vital role in your health and well-being.*

SAILORS, SCURVY, AND SURVIVAL: AN INTERESTING HISTORY OF VITAMIN C

Between the 16th and 18th centuries, many sailors got sick and died of a disease called scurvy, which had painful symptoms like bleeding gums, loosened teeth, easily bruised skin, and swollen legs, among others.

It wasn't until the mid-1700s that a Royal Navy doctor found that sailors who consumed citrus fruits recovered quickly from scurvy. While the doctors of the time didn't know the disease was caused by a vitamin C deficiency, they did discover the importance of consuming citrus fruits daily to keep scurvy away. After that, it became standard for British sailing ships to carry enough citrus on board for their sailors, which is why they were nicknamed "Limeys."

While scurvy is uncommon in the United States these days, approximately 42% of adult Americans don't get enough vitamin C.¹

WHAT DOES VITAMIN C DO?

Vitamin C has many jobs in your body! Here are a few reasons why it's such a vital nutrient:

Antioxidant: Vitamin C helps fight free radicals in the body.*

Promotes collagen production: Our bodies need vitamin C to help produce collagen, a protein in skin, hair, teeth, and nails.*

Supports immune health: Vitamin C helps support the immune system.*

¹Crook J, et al. *Nutrients*. 2021;13(11):3910.

HOW MUCH VITAMIN C IS RECOMMENDED FOR EVERY DAY?

The Daily Value for vitamin C is 90 mg per day, which is the amount recommended for each nutrient that meets the needs of most people. However, your specific needs for vitamin C may be different. Talk to your health care provider if you have questions.

WHAT ARE FOODS HIGH IN VITAMIN C?

While many people think of oranges when it comes to vitamin C, it's actually found in many fruits and vegetables including strawberries, bell peppers, kiwi, broccoli, and potatoes.

ARE THERE VITAMIN C SUPPLEMENTS?

Yes! There are plenty of vitamin C supplement options, including **vitafusion™** gummy vitamins:

Power C: Provides an excellent source of immune-supporting vitamin C in each serving with a tangy orange flavor.*

Extra Strength Power C: With a tropical citrus flavor, every serving has 500 mg of vitamin C for immune support. That's as much vitamin C as 18 tangerines!*

Power Zinc: Each serving of these delicious, strawberry tangerine-flavored gummies provides high-potency zinc plus 270 mg of vitamin C for immune support.*

Whether you're looking to get more vitamin C in your diet to support immune health or collagen formation, or reap its antioxidant benefits, there's no denying it's an essential nutrient to make part of your day—every day.*

Brought to you by the **vitafusion™** nutrition experts

***These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.**