



How Can Vitamin C Help Reduce Illness And Why Is It Necessary For Human Body?



Why do we need [Vitamin C](#) and what is its important source? According to experts, vitamin C is called ascorbic acid. There is a possibility of many types of diseases in the body due to deficiency of Vitamin C. Which can be controlled by increasing its intake in time.

Why is Vitamin C important for the body?

Vitamin C proves to be an important element for the body. It strengthens the formation of bones, skin and blood vessels. Symptoms such as loss of blood, weakening of bones due to its quantity are revealed. Vitamin C present in the body helps in fighting many serious diseases. In many research, it has been found that Vitamin C reduces the damage done to the skin by sunlight. Vitamin C is used to make the skin dry and attractive. Consuming more vitamin C is necessary for eye health.

How can vitamin C be achieved?

Vitamin C is found in plenty in orange, fruit, lemon, broccoli, strawberry, amla, guava, broccoli, vegetable. According to the guidelines of ICMR, it is necessary to use at least 40 mg of vitamin C daily. However, the use of its quantity is not uniform for different situations and different people. The human body cannot produce or store vitamin C. Research has also found evidence of its usefulness in fighting against coronary diseases. Vitamin C is also necessary to enhance the immune system. Therefore, if you want to stay healthy and stay away from disease, then it is important to eat plenty of vitamin C.