



# Healing From the Inside Out: Vitamin C

## THE CONNECTION

Vitamin C generates collagen and provides extra strength and stability to collagen fibers. This is why you often hear about vitamin C in connection to wound healing.

Vitamin C is required for proper immune system function, a consideration if you have open wounds.

## ARE YOU GETTING ENOUGH VITAMIN C?

- For most healthy women: 75 milligrams/day
- For most healthy men: 90 milligrams/day
- The safe upper limit: 2000 milligrams/day

Side effects of excessive vitamin C may include nausea, diarrhea, and uric acid stones.



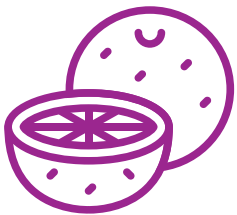
## SOURCES OF VITAMIN C

### BEST SOURCES:

- Grapefruit
- Oranges
- Tomatoes

### GOOD SOURCES:

- Broccoli
- Cabbage
- Cantaloupe
- Guava
- Kiwi
- Papaya
- Peppers, red and green
- Salad greens
- Strawberries
- Sweet potatoes
- Vegetable juice cocktail
- Watermelon



### FAST FACT

When stomach acid is lacking, absorption of vitamin C is hindered.

### RISK ALERT!

Groups at highest risk of deficiency:

- Individuals under chronic physical or emotional stress
- Smokers (need at least 100 milligrams/day)
- Users of alcohol
- Users of oral contraceptives

### DEFICIENCY SIGNS

- Bleeding gums
- Bruised skin with many pinpoint hemorrhages
- Skin that has become rough, brown, and blotchy with bruises

## TO SUPPLEMENT OR NOT

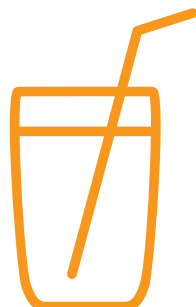
The medical community is divided. Speak to your doctor.

### Supplements often are suggested if you have:

- A limited diet with few foods high in vitamin C
- A suspected deficiency
- Other risk factors

### Caution is used if you have:

- Kidney disease
- Kidney stones
- Iron overload



## MAKE VITAMIN C A DAILY HABIT

Vitamin C is a water-soluble vitamin. This means it is not stored in the body. You must replenish it daily. Vitamin C is the most unstable of all the water-soluble vitamins. Cooking, handling, and processing can lower vitamin C content in foods, so eat them raw in salads and smoothies or whole, and cut them up just before eating.



### Based on information from:

Collins N. The facts about vitamin C and wound healing. Ostomy Wound Management website. <http://www.o-wm.com/content/the-facts-about-vitamin-c-and-wound-healing>. Accessed September 6, 2017.

Vitamin C. Office of Dietary Supplements, National Institutes of Health website. <https://ods.od.nih.gov/factsheets/VitaminC-Consumer/>. Accessed September 6, 2017.