

# VITAMIN C



## FOOD SOURCES

- broccoli
- potatoes
- brussel sprouts
- spinach
- cabbage
- strawberries
- cauliflower
- tomatoes
- citrus fruits
- tomato juice
- citrus juices



## FUNCTIONS IN THE BODY



immunity



nerves



metabolism



skin

## OTHER NAMES / PRECURSORS



ascorbic acid



ascorbyl palmitate



calcium ascorbate



sodium ascorbate