FREE RESOURCE FOR READERS OF "THE POWER OF VITAMIN C"

VITAMIN C QUICK GUIDE

Where to find it, how not to lose it, and which form to discuss with your doctor

The richest foods (mg per 100 g)

Kakadu plum	1000–5300
Camu camu	2800
Acerola	1677
Sea buckthorn	695
Indian gooseberry (amla)	445
Rose hip	426
Guava	228
Blackcurrants	200
Red and yellow peppers	128
Kale	120
Kiwi, broccoli	90
Green peppers	80
Redcurrants, Brussels sprouts	80
Orange, lemon	53
Pineapple, cauliflower	48
Spinach	30
Tomato	14
Apple, carrot	6

Values vary with variety, ripeness, season and storage. Source: the book's table, from my-personaltrainer.it.

How not to lose it

- **Fresh is best:** vitamin C degrades with air, light, heat and time.
- **Cut and peel just before eating;** use stainless-steel tools, avoid copper pans.
- **Whole fruit beats juice.** If you make juice, a manual citrus press is best; keep it covered, in the fridge and in the dark.
- **Cook briefly** in little water, with a lid. Steaming is one of the gentlest methods.
- **Our body cannot make vitamin C** and eliminates it quickly: it must come regularly from food or supplements.

The main forms

- **Ascorbic acid:** the pure, inexpensive form; it is acidic, so some people tolerate it less well.
- **Ascorbates** (sodium, potassium, calcium, magnesium): buffered, less acidic; each brings a mineral, which may not suit everyone.
- **Liposomal:** vitamin C wrapped in phospholipids for better absorption; usually more expensive.
- **Intravenous:** reaches much higher blood levels; only prescribed and given by qualified medical staff.

Talk to your doctor before taking vitamin C supplements if you have kidney problems or a history of kidney stones, haemochromatosis (iron overload), favism (G6PD deficiency), if you are pregnant, or if you take medicines. Every person is different: doses must be decided with your doctor.

For information only: this sheet does not replace a medical visit or your doctor's advice.

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The first visit takes place in person in Terni. After that, we can follow you wherever you are.
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