

Vitamin C

June 12, 2026 • vajiramandravi.com



Vitamin C Latest News

Researchers in Japan recently found that older adults with higher levels of vitamin C in their blood have a higher volume of gray matter in their brains and higher connectivity across brain regions involved in memory and attention.

About Vitamin C

- Vitamin C (also known as **L-ascorbic acid or ascorbate**) is a **water-soluble vitamin**.

Vitamin C Function

- It is a powerful **antioxidant** that can **neutralize harmful free radicals**.
- It is needed for the **growth and repair of tissues** in all parts of your body.
- It **helps make several hormones** and **chemical messengers used in the brain** and nerves.
- It is **used to:**

- **Form** an important **protein called collagen, used to make skin**, tendons, ligaments, and **blood vessels**.
- **Heal wounds** and form scar tissue.
- **Repair and maintain cartilage, bones, and teeth**.
- **Aid in the absorption of iron**.

Vitamin C Sources

- Unlike most mammals and other animals, **humans do not** have the ability to **synthesize vitamin C** and must obtain it from the diet.
- Vitamin C comes from **fruits and vegetables**.
- **Good sources** include **berries, cantaloupe, tomatoes**, peppers, potatoes, **cabbage**, Brussels sprouts, broccoli, spinach, and **citrus fruits, such as oranges**.
- **Some juices and cereals** have **added vitamin C**.
- Vitamin C is **sensitive to heat**, so some of its nutritional **benefits can be lost during cooking**. Raw foods are more beneficial as dietary sources.

Vitamin C Deficiency

- Vitamin C is not stored in your body, so deficiency can happen quickly.
- Vitamin C deficiency is more **likely in people who**:
 - **Smoke** or are around secondhand smoke.
 - Have certain **conditions of the digestive tract** or certain types of **cancer**.
 - Have a diet that doesn't include enough fruits and vegetables.
- Not having enough vitamin C can lead to a **condition called scurvy**.
 - Scurvy **causes anemia, bleeding gums, bruising, and poor wound healing**.

News: IPM

Source: <https://vajiramandravi.com/current-affairs/vitamin-c/>

© Vajiram & Ravi. For personal use only.