[fitday.com](https://www.fitday.com/fitness-articles/nutrition/everything-you-need-to-know-about-the-benefits-of-vitamin-c.html)

**Everything You Need to Know About the Benefits of Vitamin C**

3-4 minutes

Vitamin C is found in many fruits and vegetables (including oranges, strawberries, broccoli and red pepper) and although it’s essential to our wellbeing, and the healthy growth and repair of tissues, it cannot be produced by the body. According to [*Healthline*](https://www.healthline.com/nutrition/vitamin-c-benefits#section1), the daily recommended dose for vitamin C is 75 mg for women and 90 mg for men, and the nutrient can benefit our bodies in a number of ways**.**

In a recent study that was published in the *Seminars in Preventive and Alternative Medicine* over 100 studies over 10 years were examined to determine the benefits of Vitamin C, and it's a pretty lengthy list, [*WebMD*](https://www.webmd.com/diet/features/the-benefits-of-vitamin-c#1) reports. Study researcher Mark Moyad told the publication, "Vitamin C has received a great deal of attention, and with good reason. Higher blood levels of vitamin C may be the ideal nutrition marker for overall health.”

The effects of Vitamin C are diverse, and this can be anything from the ability to help reduce the appearance of aging, like skin wrinkling, to protection against immune system deficiencies. According to *Dr. Axe*, one of the most common benefits that Vitamin C is linked to is its **effect on the immune system**, and it can be used to help prevent colds and flu.

Vitamin C can help prevent anemia, which [*Dr. Axe*](https://draxe.com/vitamin-c-benefits/) reports is typically caused by a lack of micronutrients like vitamin B12 or iron. Vitamin C can help with the absorption of these nutrients and **prevent iron-deficiency anemia**.

The publication also notes that many skincare products contain Vitamin C because of the advantage it gives our skin. Vitamin C is involved in the synthesis of collagen, which in turn **helps with the signs of aging** and also protects against skin damage and free radicals.

*Healthline* reports that Vitamin C is a strong antioxidant that can help boost the immune system and protect from harmful free radicals. Consuming Vitamin C can help to **increase blood antioxidant levels** and aids the body in fighting inflammation.

*WebMD* also notes that an immune system that is compromised by stress could be improved by the ingestion of Vitamin C, and [*Psychology Today*](https://www.psychologytoday.com/us/articles/200304/vitamin-c-stress-buster) expanded on that thought, revealing that the nutrient can help to **relieve both physical and psychological symptoms of stress**. One of the ways it is able to do this is by destroying the secretion of cortisol.

[Image via Shutterstock]