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The Facts About Vitamin C

Recently scientists have opened many new reasons on which vitamin C can support your health and even to make you a bit younger. We result the last circumstances known for scientists about vitamin C which can really help you.

Heart protection

Now experts continue to argue on, whether the antioxidants similar to vitamin C can prevent a heart trouble. But the part of certificates is very convincing. When the Finnish researchers studied results of the research which had involved almost 300 000 persons within 10 years, they have found out that acceptance of more than 700 milligrams of vitamin C daily reduces risk of cardiovascular diseases by 25 percent. And the recent probe spent by experts from the university of Harvard shows that women who accepted 500 milligrams of vitamin C daily and 600 ?? (a unit of measure of quantity of the substance, based on biological activity of vitamin E (other antioxidant) reduced risk of a stroke to 30 percent.

Prevention of wrinkles

Today, perhaps, you will not find products for appearance without a label, with enumeration of their antioxidants. In total more likely you will find Vitamin C in their structure, antioxidants similar to it, really help with body rejuvenation.

The reason as scientists in the ability of vitamin C to struggle with free radicals think, i.e. by-products of a metabolism of a cell in a body. Free radicals as believed, attack proteins, fats and DNA, breaking collagen. Also Vitamin C protects from ultra-violet rays of the sun which can lead to the freckles on a face skin. Vitamin C does a small repair of a skin and strengthens it.

Keep a cancer in awe

The diet containing fruit and vegetables, rich with vitamin C, is not only good for heart, it also can lower a risk of cancer formations in the field of a bladder, a gullet, a stomach and lungs. Even besides that additional researches are necessary to learn, with the help of what connections of fruit and vegetables it is possible to achieve the objective, researchers say that the association is strong.

Sometime, Vitamin C also can be used and for cancer treatment. High levels of vitamin C entered intravenously as believe, are poisonous to cancer cells (though researches of vitamin C accepted with food, have not rendered any effect on malignant cells). Intravenous C, apparently, causes formation of peroxide of hydrogen which kills some cancer cells, leaving the whole cells healthy, the author of research Mark Levin, the doctor of medicine, the head of molecular both medical branch of a food and the senior doctor of National Institutes of Public health services of the USA speaks.

Vitamin C is found in a great amount in citruses which are accessible to people. So, get benefit of the vitamins and be healthy and wealthy!

Health and wellness - this subject is again relevant to lots of people. It is little wonder that nowadays lots of our friends care of themselves with high diligence. And while one part of people is interested in taking care of themselves, the other one is considering how to run [health and wellness business](#). People who are going to set up this business, should possess some knowledge about [health & wellness programs](#) to gain success in it.

And this is the moment to remind we are living in the epoch of high technologies. Take advantage of the web network to find out anything needed and how to buy all you need on the best terms available on the market. For instance if you want [vitamins for weight loss](#), use Google and other search engines to find it. Visit forums and blogs, subscribe to RSS feed - all this will help you achieve your goal.

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