



Vitamin c benefits and uses

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Jerlyn Jones is a registered dietitian nutritionist, national media spokesperson, nutrition writer, and owner of The Lifestyle Dietitian LLC, an Atlanta-based nutrition consulting practice. She specializes in integrative nutrition with an emphasis on food sensitivities, digestive problems, and women's health.

Professional Accomplishments

Kelli obtained her Bachelor's and Master's degrees in Nutritional Science from Boston University. Prior to working at Healthline, Kelli worked as a clinical dietitian at two Boston hospitals, as a nutrition researcher for the University of Colorado and Children's Hospital, and as a freelance writer and editor for several online publications. You can find her work in numerous media outlets, including CNN, The Washington Post, USA Today, Women's Health, Huffpost, and more.

When she isn't typing away, you can find her in the kitchen crafting new recipes or out hiking with her husband, two kids, and adventure-pup Bernie.

Sarah Garone is a nutritionist, freelance writer, and food blogger. Find her sharing down-to-earth nutrition info at A Love Letter to Food or follow her on Twitter.

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Vitamin C is a water-soluble vitamin with a variety of benefits, but our bodies can't make it. We need to consume it through the food we eat or by supplementation.

This article explores what vitamin C does, where we can get it, how much vitamin C is the right amount, and who may need to take supplements.

Vitamin C plays a role in many body functions. The immune system is a key one, mainly due to vitamin C's antioxidant properties.

Antioxidants protect the body from oxidative stress. This is a process that, over time, can cause damage to most organs and tissues in the body. Antioxidants are also known to help support the natural abilities of your



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immune system.

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