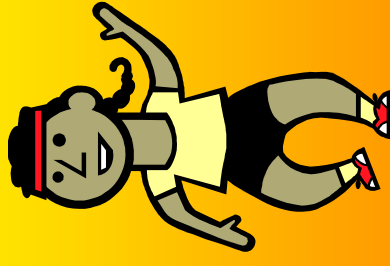


# Vitamin C





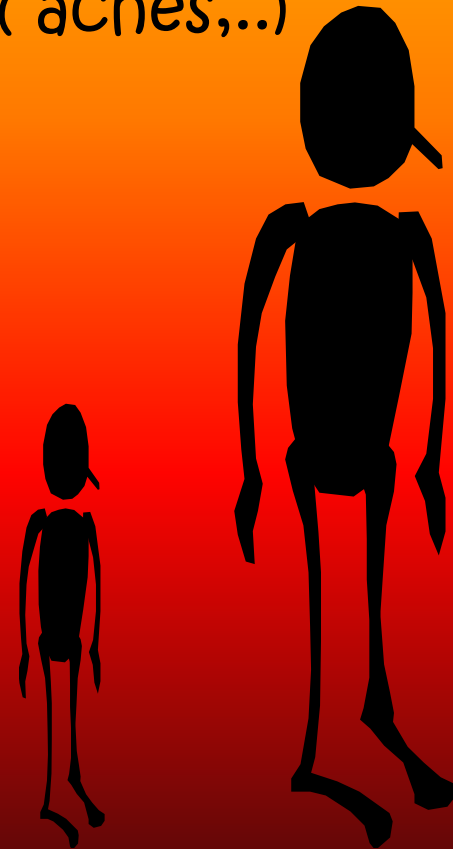
Vitamin C is resoluble in water.  
It's one of the most famous Vitamins.  
Vitamin C is in our bodies.  
It increases the body's resistance.  
Regular supply of fruit is required.

The recommended  
daily dose is 60mg.



## *If you haven't enough of vitamin C:*

- You'd grow slowly
- You'd be tired
- You'd have problems with your stomach ( aches,..)
- You'd loose your teeth
- You'd suffer from lots of infections



## *If you have lot of vitamin C:*

- You can be poisoned
- You'd have stomach ache



# *You can find vitamin C in:*

Kiwi

Onion

Lemon

Cucumber

Carrot

Rose hip

Black currant

Brussels sprouts

Papaya

Celery

Radish

Red currant

Orange

Gralic

Broccoli

Cabbage

