

INTERESTING FACT SHEET VITAMIN C

Nutrition Facts per Serving	Nutrition Facts per Serving
Calories 40 Calories from Fat 0	Calories 40 Calories from Fat 0
Total Fat 0g Saturated Fat 0g Unsaturated Fat 0g Trans Fat 0g	Total Fat 0g Saturated Fat 0g Unsaturated Fat 0g Trans Fat 0g
Cholesterol 0mg Sodium 0mg Total Carbohydrate 10g Dietary Fiber 3g Sugars 4g Protein 1g	Cholesterol 0mg Sodium 0mg Total Carbohydrate 9g Dietary Fiber 1g Sugars 4g Protein 1g
Vitamin A 170% Vitamin C 470%	Vitamin A 8% Vitamin C 460%
Calcium 2% Iron 4%	Calcium 2% Iron 4%
Red Bell Pepper	Yellow Bell Pepper

ALL BELL PEPPERS ARE NOT CREATED EQUAL



Compared to green peppers, red peppers have almost 11 times more beta-carotene and 1.5 times more vitamin C

Peppers are low in calories, high in vitamin A & C, potassium, folic acid, and fiber

Vitamin C breaks down with heat (cooking) But vitamin A goes up with heat!

DOES TAKING VITAMIN C SUPPLEMENTS KEEP THE COMMON COLD AND FLU AWAY?



Studies have shown that supplementation of vitamin C does not prevent but may decrease the duration and severity of the common cold or flu

ALLERGIES

Recent studies have shown that intravenous high-doses vitamin C reduces allergy-related symptoms



DID YOU KNOW?! Vitamin C...

- Helps cure anemia
- Reduces effects of aging
- Has wound healing effects
- In our system for only 24 hours
- Anti-oxidant which reduces cell damage
- Aids in fat loss
- Does not mix well with ALL medications