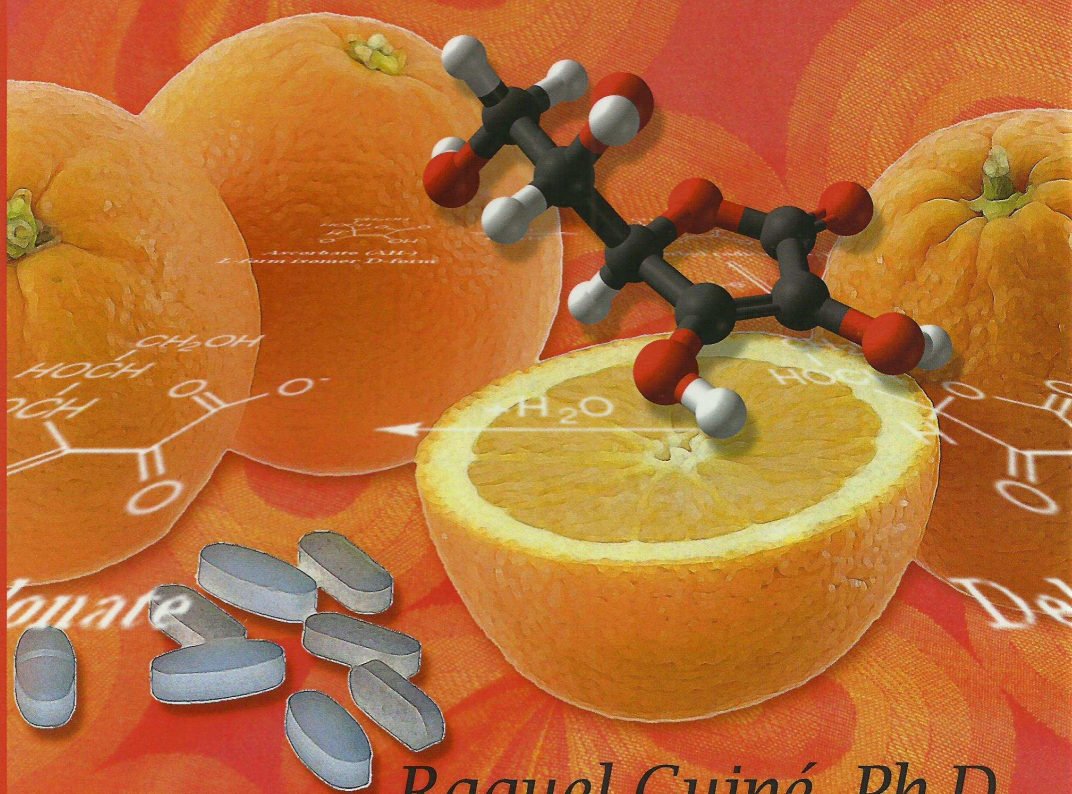


Nutrition and Diet Research Progress

Vitamin C

Dietary Sources, Technology, Daily Requirements and Symptoms of Deficiency



Raquel Guiné, Ph.D.

Editor

NOVA

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RAQUEL GUINÉ, Ph.D.
EDITOR

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LIST OF PREFACE

Vitamin C is one of the most important components to include in a regular diet, being a powerful vitamin that provides a number of very important health benefits and that can affect multiple body processes. Because vitamin C is not produced by our body, we need to ingest daily amounts of this nutrient for our body to function properly and prevent disease. Undoubtedly, the best way to ingest vitamin C is through food, and fruits and vegetables are particularly rich in this vitamin. Citrus fruits, for example, are famous for including generous dosages of vitamin C. However, cooking or processing will deplete some of the vitamin C that needs to be ingested by the body.

Vitamin C is a cofactor in at least eight enzymatic reactions, including several collagen synthesis reactions that, when dysfunctional, cause the most severe symptoms of scurvy. Vitamin C is also known to help prevent colds and flu, but it is much more than that, it is a potent antioxidant, that fights free radicals in the body thus preventing premature aging, gives strength to bones and teeth, strengthens blood capillaries, fights infections, strengthens the immune system, it also helps reduce the level of triglycerides and bad cholesterol in the blood, and even helps in the absorption of iron, preventing anemia. Furthermore, the antioxidants in vitamin C help warding off inflammation, infections, and viruses, and, by helping to build proteins in various types of cellular constructions, vitamin C also protects against heart attacks and strokes, promoting in general a better vascular health and longevity. Studies suggest that vitamin C may even be important in preventing Alzheimer's disease or autoimmune problems, as well as atherosclerosis.

This book is aimed at gathering valuable information about this important vitamin, including sources of this nutrient with so important biological properties, the effects of processing and a number of different approaches to the roles of this powerful vitamin in the human body.

By preparing this book I intended to give an updated contribution to the knowledge about this vitamin and I truly believe that the updated information that is provided here will help people in general and professionals in particular.

I wish to thank all the authors for their valuable contributions and the reviewers for their precious help on improving the contents of each chapter. I also wish to thank Nova Science Publishers for the opportunity to produce this book, that I hope you may find interesting and most of all useful.

Raquel P. F. Guiné