

WHY DO I NEED VITAMIN C?

THIS VITAMIN IS IMPORTANT FOR KEEPING BODY TISSUES, SUCH AS GUMS, BONES, AND BLOOD VESSELS IN GOOD SHAPE. C IS ALSO KEY IF YOU GET A CUT OR WOUND BECAUSE IT HELPS YOU HEAL. THIS VITAMIN ALSO HELPS YOUR BODY RESIST INFECTION. THIS MEANS THAT EVEN THOUGH YOU CAN'T ALWAYS AVOID GETTING SICK, VITAMIN C MAKES IT A LITTLE HARDER FOR YOUR BODY TO BECOME INFECTED WITH AN ILLNESS.

BESIDES AN ORANGE OTHER FOODS THAT ARE FILLED WITH VIT C!

*citrus fruits, like oranges
cantaloupe
strawberries
tomatoes
broccoli
cabbage
kiwi fruit
sweet red pepper*

