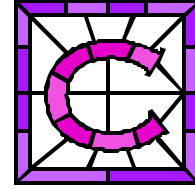


Vitamin C Fact Sheet



Why does the body need vitamin C?

Vitamin C is involved in the formation of the "glue" that helps to hold body cells together. Vitamin C helps:

- *heal cuts, bruises and broken bones
- *maintain healthy gums
- *the body resist infections, colds, and the flu

How often do I need to eat foods containing vitamin C?

Vitamin C is not stored in the body, so it is important to eat good food sources (or drink your formula) every day.

What foods are the best sources of vitamin C?

Fruits - oranges, grapefruits, lemons, limes, tangerines, strawberries, cantaloupe, papaya and mangoes.

Vegetables - broccoli, green peppers, cauliflower, green leafy vegetables, spinach, tomatoes, cabbage, and baked or boiled potatoes.

How much vitamin C do I need every day?

Recommended daily intake based on the Dietary Reference Intakes (DRI) for vitamin C in milligrams (mg) per day:

	<u>Males</u>	<u>Females</u>
1 – 3 years old	15 mg	15 mg
4 – 8 years old	25 mg	25 mg
9 – 13 years old	45 mg	45 mg
14 – 18 years old	75 mg	65 mg
19 years and over	90 mg	75 mg

How much vitamin C is in formula?

Phenyl-Free 1 60 mg vitamin C per 100 gm dry powder
Phenyl-Free 2 49 mg vitamin C per 100 gm dry powder



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