

VITAMIN C – ROLE IN PROMOTING HUMAN HEALTH AND PREVENTING DISEASE

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INTRODUCTION

Several scientific studies have been undertaken on how the vitamin C is involved in the delay or prevention of the onset or progression of the diseases and their complications.

OBJECTIVE

The present work provides an up-to-date overview of the different Vitamin C roles in promoting human health and preventing disease.

DISCUSSION

Due to its function as an antioxidant and its role in immune function, vitamin C has been promoted as a means to help prevent and/or treat numerous health conditions. This revision work focuses on diseases and unhealthy habits in which vitamin C might play a role: diabetes, cancer, cardiovascular disease, age-related macular degeneration and cataracts, virus-induced respiratory infections, and tobacco usage. The health risks from excessive intake of vitamin C will also be discussed.

CONCLUSION

In conclusion, though vitamin C was discovered in 17th century, the exact role of this vitamin in human biology and health is still a mystery in view of the many beneficial claims and controversies.

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