

3. ビタミンCの働き：構造理解

Vitamin C plays an important role in keeping us healthy.

Most mammals produce it in their livers, so they never suffer from a lack of it.

Curiously, however, some mammals, such as humans and apes, cannot do so.

What happens when you lack this important vitamin?

You might see black-and-blue marks on your skin.

Your teeth could suffer, too: the pink area around them might become soft and bleed easily.

These are just a couple of good reasons to eat plenty of fresh fruit.

[illegible]