

# Vitamin C

## DEFICIENCY

1. *Scurvy*
2. *Fatigue*
3. *Weight loss*
4. *Dry hair*
5. *Anemia*

## RECOMMENDED SUPPLEMENTS

1. *Persona vitamin c with bioflavonoids- 500mg*
2. *Thorne vitamin c with flavonoids- 500mg*
3. *Nordic naturals vitamin c gummies*

## SMOOTHIES

1. *Indian gooseberry juice*
2. *Spinach juice*
3. *Orange juice*
4. *Lemon and cranberry juice*

## FRUITS

1. *Orange*
2. *Strawberry*
3. *Guava*
4. *Pineapple*
5. *Raspberry*

## SNACKS

1. *Baked tomato slices*
2. *Kale chips*
3. *Berries and yogurt*
4. *Cantaloupe and cottage cheese*

## SALADS

1. *Grapefruit and green apple salad*
2. *Vegetable and sprouts salad*
3. *Sprouts, spring onions and tomato salad*
4. *Kale palak veg antioxidant salad*





