
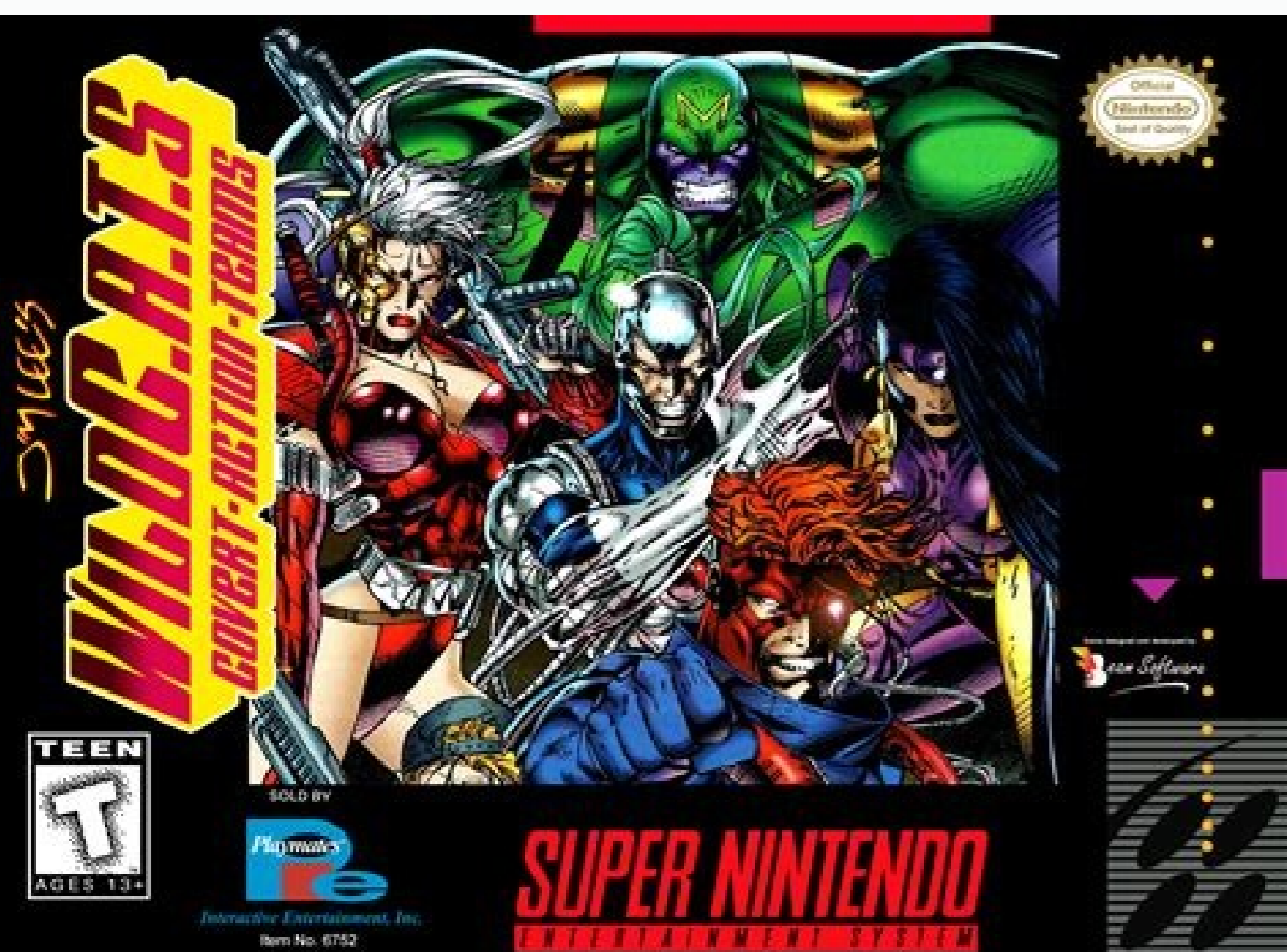
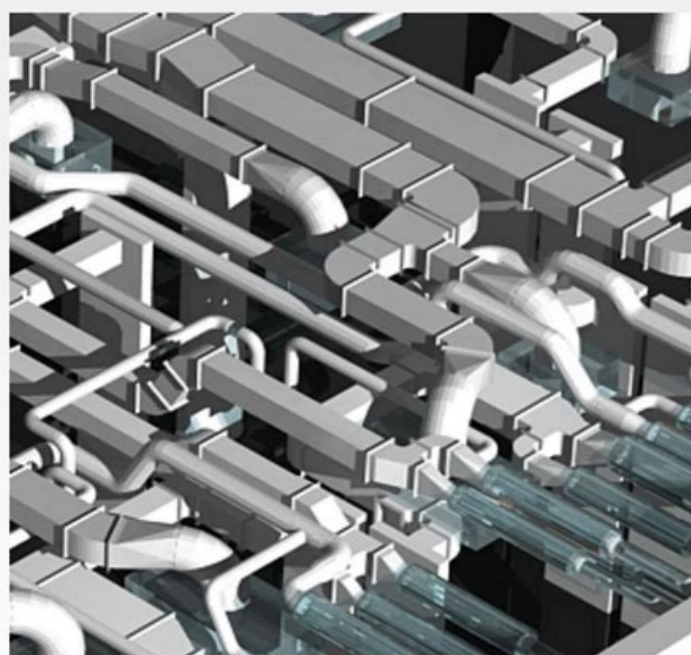


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Individuals with insufficient vitamin C may find that it takes longer than usual to recover from a cold or a physical wound. Also, those born between the years of 1945 and 1965 have cause for concern as they are five times more likely to be infected with hepatitis C than people born outside of this time frame. In addition, regular intake of vitamin C, along with other vitamins, has been linked to a decreased risk of developing age-related cataracts, a leading cause of visual impairment in the United States. Common Sources of Vitamin C Vitamin C can be easily obtained through the many different foods, including: Photo Courtesy: Akaradech Pramoonsin/Moment/Getty Images Citrus fruits and juices (orange, grapefruit, lemon, lime and tangerine) Berries Melons Mangoes Kiwi Tomato Broccoli Red peppers Spinach Squash Potatoes Cooking these foods may result in the loss of some of the vitamin content, so it is ideal to ingest them raw, either whole or juiced. Photo Courtesy: Flashpop/DigitalVision/Getty Images Whether in the form of a fizzy drink or flavored lozenges, cold and flu preventative supplements almost always highlight vitamin C as one of their key ingredients. Vitamin C can also increase levels of nitric oxide, a compound that widens blood vessels and, in turn, lowers blood pressure. The recommended daily dosage for vitamin C is at least 75 mg daily for women and 90 mg for men. Complications From Hepatitis C Hepatitis C can lead to liver cancer. It can also cause cirrhosis of the liver, which creates mass scarring and makes it difficult for the liver to work as it should. MORE FROM SYMPTOMFIND.COM However, there is no easy fix that works for each person. Acute hepatitis C is the phase when you are first exposed to the disease. Preventing Hepatitis C The best and easiest way to prevent getting hepatitis C is to ensure you are making good decisions. Some people have it and may never know it as they are affected by any Symptoms. Treatment of Hepatitis C Hepatitis C is the leading cause of liver cancer and liver transplants, according to WebMD. These include bruising easily, fatigue, bleeding easily, itchy skin, jaundice or yellowing of the skin, dark coloured urine, confusion and swelling of the legs. If you have symptoms at all, here are a few to look out for, as listed by the Mayo Clinic. If you use illicit drugs, which you should try to treat for a litany of reasons, never share needles with other users. If you had symptoms of hepatitis C, what would you look like? However, malnourished individuals may experience symptoms of vitamin C deficiency over time, including: Weakness Fatigue Anemia Easy bruising Joint pain Skin breakdown Tooth enamel Weak inflammation of the gum Severe vitamin C deficiency is referred to as scurvy. Because women who are pregnant, breastfeeding, smoking or using oral contraceptives have lower blood levels of vitamin C than others, higher doses of vitamin C may be needed to achieve optimal results in these people. It's treatable. Here are some situations that put you at an increased risk of getting the disease as mentioned by the Mayo Clinic. It also acts as a powerful antioxidant and can repair damage caused by free radicals, which are linked to the effects of aging and vulnerability to diseases. Who is at risk of getting hepatitis C? Although research does not indicate that taking vitamin C alone can prevent colds or flu, adequate daily intake can shorten the duration of an infection or reduce the severity of symptoms. I'm sorry. Vitamin C is a water-soluble vitamin that can be easily expelled from the body through urination when it is not needed. Vitamin C is a water-soluble which can be easily expelled from the body through urination when it is not needed. 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