

For an healthy life and to prevent some issues, such as scurvy, it is necessary to assume a dose of vitamin C of 75 mg – 1 g per day.

Attention: it's important not to exaggerate!

An excess of this substance can create problems to who suffer from kidney stones and, preventing the oxidation of iron, favors its absorption from the intestine; so it is not advised to who suffer from issues caused by the overload of this metal.



And here's
the TOP 3 of
food wich contains
vitamin C:



For the project of the CNR –
The Language of Research

Cured by the class 4°Ac of
the institute IIS Belluzzi –
Fioravanti di Bologna

QR code:



The vitamin



In the common use the word radiations is usually connected to complicated concepts that are really far from our everyday life.

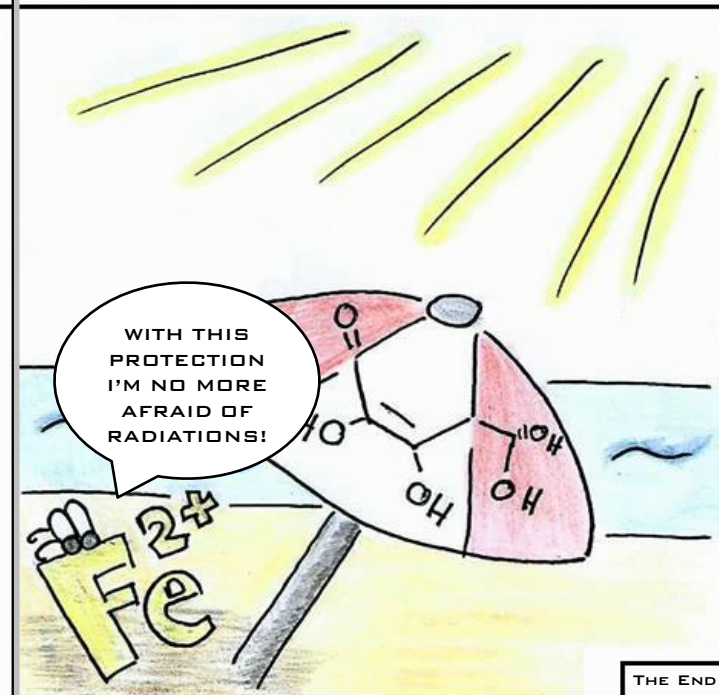
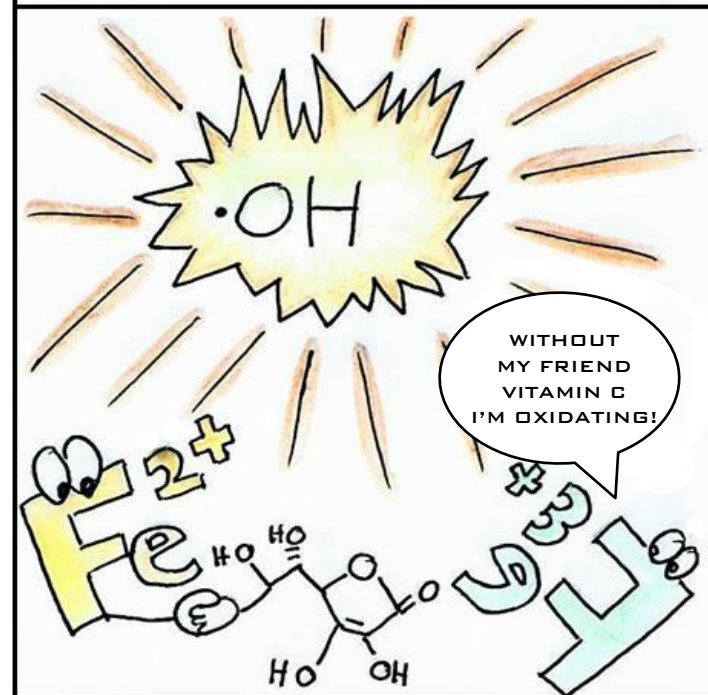
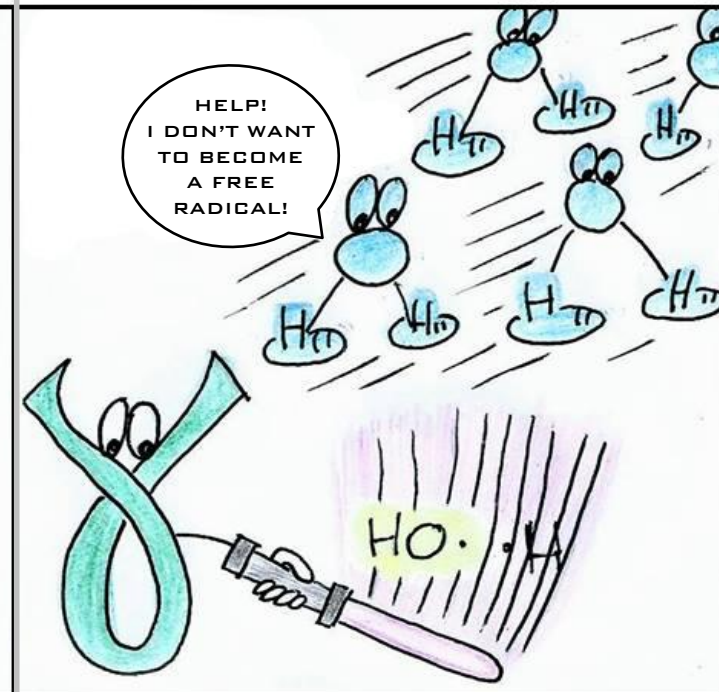
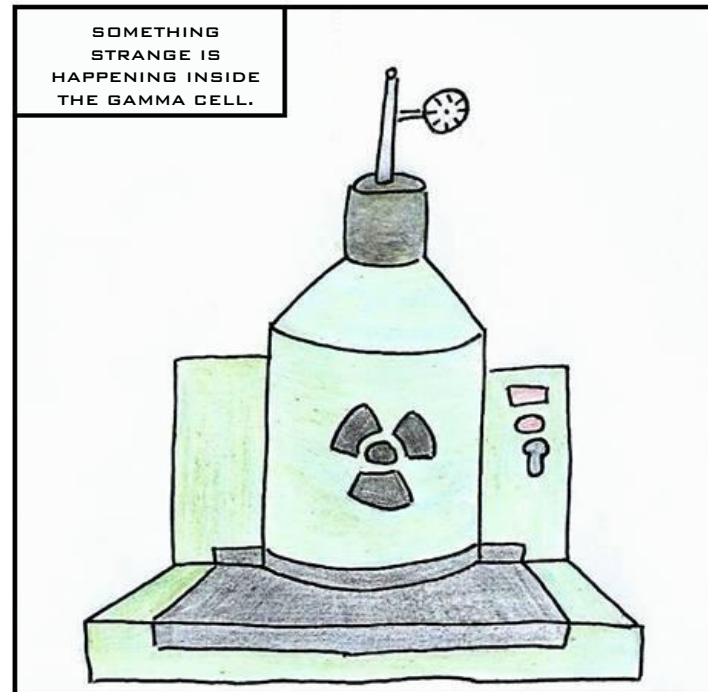
There's nothing worse than that!

Starting from the photosynthesis (fundamental for life) to the summer tan radiations are part of our life every day!

But all that glitters ain't gold!

The continued exposure to some of them (especially the γ rays) leads to the oxidation of some materials, such as Iron (Fe), and may also cause cellular damages, for example to the DNA, both directly or by interaction with water molecules forming dangerous free radicals that react with the DNA.

Fortunately protections to all this exist. They are in greater part represented by the vitamin C that, with its antioxidant function can neutralize the radicals. So it's very important to eat food that contains it!



THE END