


If you want to have a healthy life and to prevent diseases such as scurvy, you should take a dose of vitamin C (0,075 g ÷ 1 g) per day.

Warning: do not exaggerate!

An excess of this substance can create problems to those who suffer from kidney stones. In addition, since vitamin C prevents the oxidation of iron, it is not suitable for those who suffer from diseases caused by an excess of iron because vitamin C favors its absorption from the intestine.



Here are the three most common foods which contain vitamin C:

 166 mg/100 g	 340 mg/100 g	 127 mg/100 g
2 Peppers	1 Grape	3 Milk

For the project of the CNR –
The Language of Research

Lesson: Radiations

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QR code:



The vitamin



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

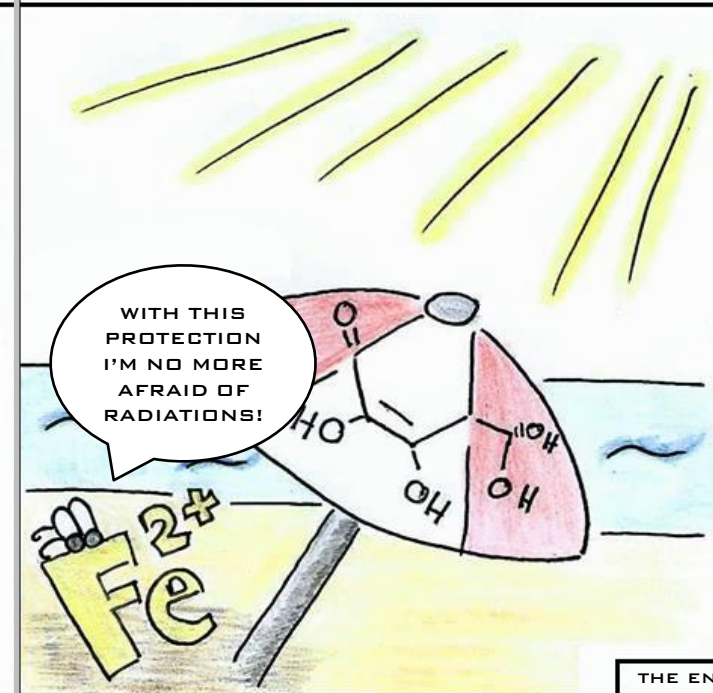
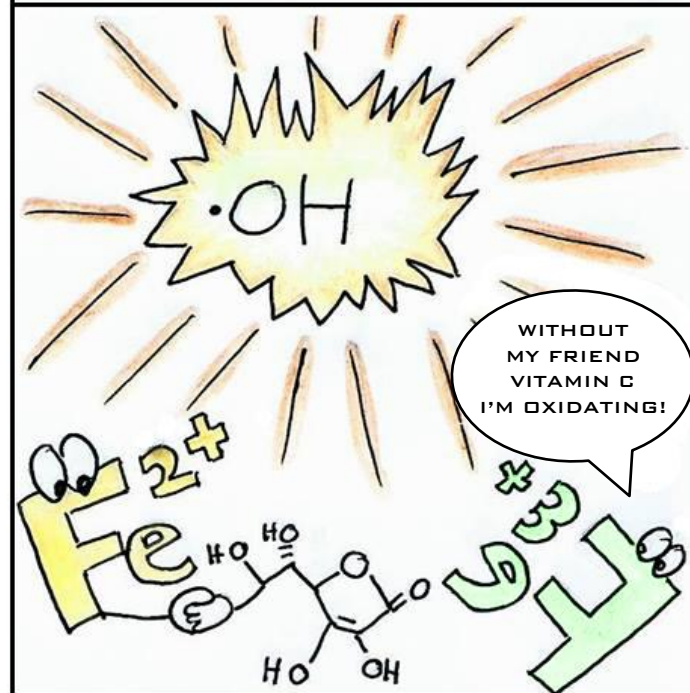
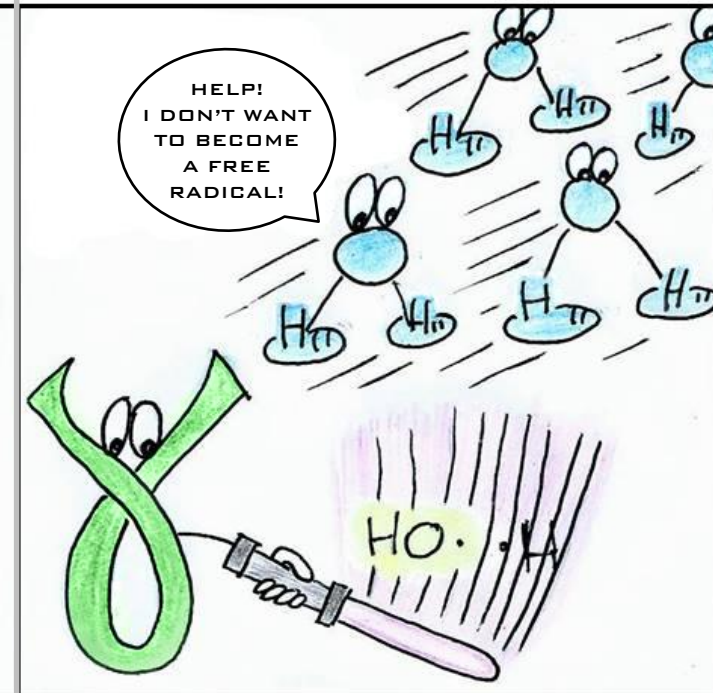
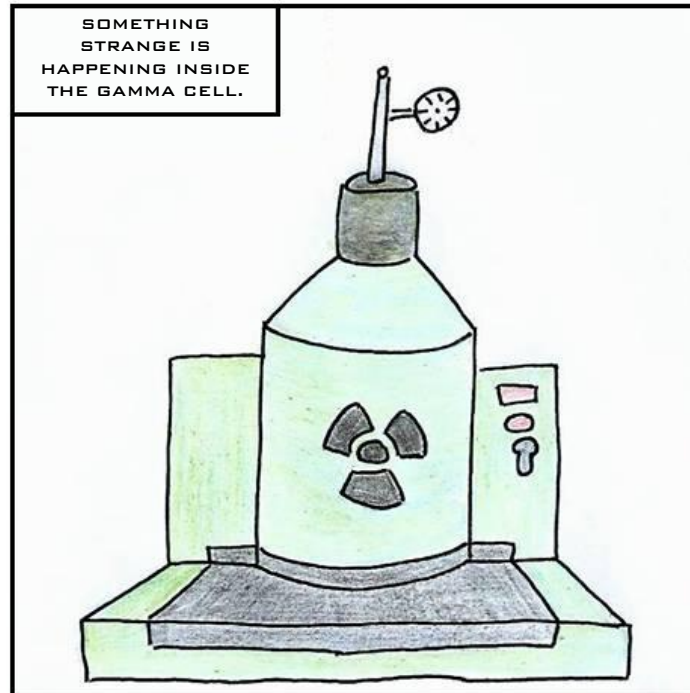
That is wrong!

From photosynthesis (fundamental to life) to summer tan, radiations are part of our everyday life!

All that glitters is not gold!

Long exposure to some of them (especially the γ rays) leads to the oxidation of some materials, such as Iron (chemical symbol 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 we can protect ourselves thanks to vitamin C that, with its antioxidant function can neutralize the radicals. That's why it's so important to eat food that contains it!



THE END