

WHAT'S THE BIG DEAL ABOUT VITAMIN C???

★ Also known by the name "ascorbic acid", Vitamin C helps your body heal itself!



★ Vitamin C is a powerful antioxidant that protects your body from harmful substances such as smoke and pollution.



★ The term "limey" was used to describe sailors and pirates who would frequently drink lime juice while at sea to prevent scurvy, a disease caused by a lack of Vitamin C.

