**Vitamin C**

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

**Vitamin C**

 Vitamins are organic compounds that contain elements of carbon and oxygen that are essential for the human body. It is a water-soluble vitamin that cannot be stored in the body. It is an essential nutrient that is found in high amounts in fruits, green vegetables, and tomatoes. It is essential for bone structure, skin integrity, rejuvenation, iron absorption, and immune system.

 Often it is taken through external supplements and tablets. Its recommended dietary allowance is 90 mg per day and its excess is excreted by urine. It strengthens the immune system and reduces the risk of chronic diseases. It helps to combat high blood pressure and help maintain the pressure levels I healthy individuals. Its healthy intake helps to reduce factors of heart diseases. The people who take 700 mg of vitamin C daily have a 25% lower risk of heart attack. It helps fight the symptoms of cough and cold.

 Deficiency of Vitamin C can cause bumps, skin rashes, Corkscrew-Shaped body hair, and distortion in fingernails damaged dry skin and bruises. Recent medical researches reveal that vitamin C is an important regulator of stem cell biology and can help control cancer with its ability to modulate epigenome. Pharmacological levels of the vitamin C intake have the potential for broad efficacy in cancer treatment. Thus vitamin C can be used as the non-toxic epigenetic therapy for the cancer patients. This new research can change the course of cancer treatment in the patients(G.Neel, Cimmino & Aifantis, 2018).

 Thus we can say that vitamin C is an important nutrient and the daily intake of it can help patient’s combat many health diseases. Its regular intake ensures the healthy functioning of the body and its organs.

**References**

G.Neel, B., Cimmino, L., & Aifantis, I. (2018). Vitamin C in Stem Cell Reprogramming and Cancer. Retrieved from https://www.sciencedirect.com/science/article/pii/S0962892418300643