

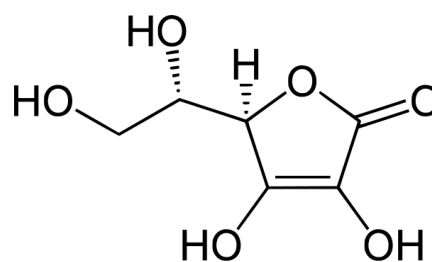
Vitamin C

Vitamin C, also known as ascorbic acid, is found in fresh fruits, berries and green vegetables. It is one of the water soluble vitamins.

Vitamin C is important in wound healing. Lack of vitamin C can cause a sickness called scurvy, where the gums in the mouth bleed easily and wounds do not heal. Lack of Vitamin C was a serious health problem on long ocean trips where supplies of fresh fruit were quickly used up. Many people died from scurvy on such trips.

Most animals make their own vitamin C. Some mammalian groups cannot, including human beings.

Vitamin C was first found in 1928, and in 1932 it was proved to stop the sickness called scurvy.



soluble – rozpustný

wound – zranění

scurvy – kurděje

gums – dásně

bleed – krvácet

mammal – savec

zdroj: http://simple.wikipedia.org/wiki/Vitamin_C