

Foods High in Vitamin C

by Dr. Michael Nowazek

There's no question that Vitamin C is good for you. There have been studies that show that Vitamin C helps white blood cell neutrophil function (the neutrophil function is to detect and kill infectious agents such as bacteria and viruses in the body). Vitamin C is also a powerful antioxidant.

There are Vitamin C supplements, but there are also food sources of Vitamin C, some of which may surprise you.

Red peppers are probably one of the highest sources of Vitamin C in your diet. Citrus fruits such as oranges, grapefruits, and lemons are well-known as being high in Vitamin C, but so are kiwis, green peppers, and broccoli.

One of the best and easiest ways to ingest these food sources of Vitamin C and other nutrients is by making a smoothie. You can make a large one to share with the whole family.

[Click here](#) for a recipe for a vitamin-rich smoothie.

Nutritional requirement is a personal thing and everyone's needs will be different. For a full assessment of your health and how you can improve it, you should consult your naturopathic doctor for a nutrition plan custom-designed for you.

OUR CLINIC IS REOPENING ON WEDNESDAY, MAY 6 !!

For more information [click here](#).

- **Naturopathic Doctors are part of Phase 1 of Alberta's relaunch strategy**
- **Certain safety requirements are necessary and are in place**
- **As long as we maintain safety requirements, we are able to see patients in person for treatments including IV and injection therapies**
- **Consultations are recommended to be virtual, but can be in person**
- **We can now accept new patients. Initial consultations for new patients must be in person**
- **Online booking is available to all patients**

[Book an Appointment](#)