Importance Of Vitamin C During Pregnancy

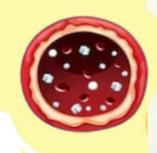The antioxidant properties of vitamin C combat infections and protect the body from harmful toxins.

In addition to supporting tissue repair and bone growth, vitamin C helps maintain healthy skin.

As a key component of collagen, vitamin C plays a crucial role in supporting the structural integrity of cartilage, bones and tendons.

By aiding in the absorption of iron from food, vitamin C helps prevent anemia and maintain normal hemoglobin levels.

It can also help prevent bleeding gums and reduce subcutaneous hemorrhages.

It can avoid the development of varicose veins by preventing cholesterol buildup and removing toxic substances from the body.

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