

## - Vitamins / Immunity

# Vitamin C

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VITAMIN C is good for your gums. It may heal bleeding gums, according to a study led by the University of Washington. The study, published in the journal *Nutrition Reviews*, analyzed published brushing and flossing studies of 15 clinical trials in a day are essential because six countries that involved bleeding could be a sign of 1,140 predominantly healthy gingivitis, an early stage of participants. gum disease. It reviewed data from At the same time, check 8,210 United States (US) whether your Vitamin C residents surveyed in the intake has been adequate, Centers for Disease Control the study observes. and Prevention's Health According to the US and Nutrition Examination National Institutes of Health, Survey. Vitamin C, also known as



“When you see your gums bleed, the first thing you should think about is not, I present in some foods, added should brush more,” said Dr. Philippe Hujoel, a Professor of Oral Health Sciences in the School of Dentistry and the University of Washington. Vitamin C is required for the biosynthesis of collagen. It is an essential component of connective tissue, which plays a vital role in wound healing. bleeding,” said Dr. Hujoel, an ongoing research dentist. “And vitamin C examines whether vitamin deficiency is one possible cause – by limiting the damaging effects of free radicals through its antioxidant activity – might help prevent or delay the development of certain cancers, cardiovascular disease, and other diseases in which stress plays a causal role.”

In addition to its biosynthetic and antioxidant functions, vitamin C plays a crucial role in immune function and improves the absorption of nonheme iron, the form of iron present in plant-based foods. Insufficient vitamin C intake causes scurvy, which is characterized by fatigue, malaise, and inflammation of the gums.

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Additional signs of scurvy include depression as well as swollen, bleeding gums, and loosening or loss of teeth.

Iron deficiency anemia can also occur due to increased bleeding and decreased nonheme iron absorption secondary to low vitamin C intake.

According to an Abstract cited in the National Library of Medicine, "Vitamin C's role in maintaining the health of teeth and gingivae remains unchallenged."

Clinical evidence indicates that vitamin C functions in improving host defense mechanisms and is thereby implicated in preserving gum health, it said.

"Common sense tells us that the monitoring of the vitamin C status of individuals, especially those at high risk (e. g., diabetics, smokers, elderly, etc.) for inadequate intakes, will yield positive results for periodontal health," it added/