

Are You Getting Enough Vitamin C?

by Mark Moyad, M.D.

(NAPSA)—No matter whether it's from orange, kiwi or guava, however you get your vitamin C, it's a great-tasting boost for your body.

In addition to being a powerful antioxidant (for cellular health) and immune booster, research suggests



Vitamin C can promote good health in a variety of ways.

it may reduce the risk of heart disease and certain cancers.

Vitamin C also promotes good eyesight, the formation of collagen for healthy skin and, for allergy sufferers, helps balance histamine levels. New research shows it may also improve your bone health.

Yet four out of five people get less than the recommended five servings of fruits and vegetables daily. For those individuals, I recommend vitamin C supplements like Ester-C, a nonacidic form of vitamin C that appears to stay in the immune system longer and is gentler on the stomach. For more information, visit www.ester-c.com.

Dr. Moyad, a professor and practicing physician at the University of Michigan, is a researcher and the author of a new book, "Dr. Moyad's No Bogus Science Immune Boosting Step-by-Step Guide to What Works and What's Worthless."