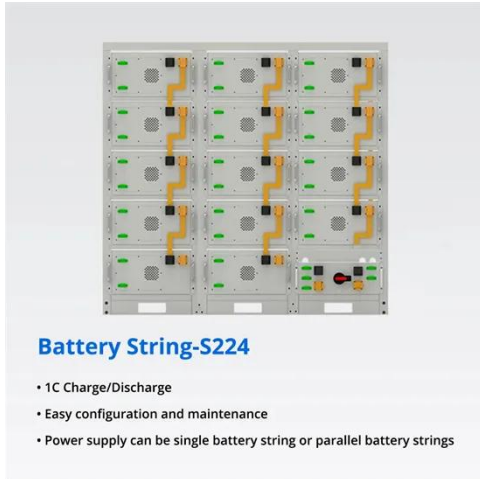


**PIENAAR ENERGY (PTY) LTD**

# **Vitamin c benefits and uses**



## Vitamin c benefits and uses



### What Happen s When You Take Vitamin C Every Day

Vitamin C is necessary for a healthy immune system, joints and disease prevention. The average adult needs 75 mg to 90 mg per day. Vitamin C is found in citrus fruits, bell peppers and ...

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### Myths and truths about vitamin C

Vitamin C is an essential micronutrient, important to many functions in the body. Vitamin C plays a key role in creating collagen, a protein essential for maintaining healthy skin, tendons, ...



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114KWh ESS



ISO 9001 ISO 14001 PICC RoHS CE MSDS UN38.3 UK CA IEC

### Vitamin C: Why you need it and how to get it

Vitamin C is an essential nutrient that can help you stay healthy, strong and functional. Knowing where to get vitamin C and getting enough is critical.

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## 9 Benefits of Vitamin C That Go

## Beyond Immune Support

Vitamin C has many health benefits for your heart, skin, brain health, and more. Vitamin C supports immune health and protects cells, acting as a powerful antioxidant that helps reduce ...

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## Vitamin C Fact Sheet for Consumers

Vitamin C, also known as ascorbic acid, is a water-soluble nutrient found in some foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals. Free ...

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## Myths and truths about vitamin C

Vitamin C is an essential micronutrient, important to many ...

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## Vitamin C: Overview, Uses, Side Effects, Precautions

Vitamin C is an essential vitamin that must be consumed in the diet. Good

sources include fresh fruits and vegetables, especially citrus fruits. Vitamin C is needed for the body to develop

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## 6 Benefits of Vitamin C

Vitamin C is more than a cold-season staple -- it's a daily must-have. It supports immune health, aids in healing, helps your body absorb iron and protects against cell damage.

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### Home Energy Storage (Stackble system)



**Product Introduction**

-  Scalable from 10 kWh to 50 kWh
-  Self-Consumption Optimization
-  Integrated with inverter to avoid the compatibility problem
-  LFP battery, safest and long cycle life
-  Stackable design for easy installation
-  Capable of High-Powered Emergency-Backup and Off-Grid Function

## 7 Impressive Benefits of Vitamin C Supplements

Vitamin C has many roles in your body and has been linked to impressive health benefits. Here are the top 7 benefits of vitamin C supplements, all backed by science.

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## 14 Vitamin C Benefits You Should Know About

Vitamin C is crucial for skin, bones, ligaments, tendons, teeth, eyes, and blood vessels. In this article, we'll

discuss all of some of the top 14 benefits of this incredible vitamin.

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