

Dr. Crowley's **Pharmacy**

Vitamin C

Necessary for the growth, development and repair of all body tissues
Involved in formation of Collagen, absorption of iron, proper function of immune system
Powerful antioxidant that can strengthen the body's natural defenses

The following foods are a great source of Vitamin C

Fruit:

Guava 1 cup 377 mg
Kiwi Fruit 1 cup 167 mg
Lemons 1 cup 112 mg
Strawberries 1 cup 98 mg
Oranges 1 cup 96 mg
Papaya 1 cup 88 mg
Pineapple 1 cup 79 mg
Cantaloupe 1 cup 65 mg
Mango 1 cup 60 mg
Pomegranates 1 cup 18 mg
Plums 1 cup 16 mg

Vegetables:

Bell Peppers-all colors, 1 cup 152 mg
Brussel Sprouts 1 cup 97 mg
Broccoli 1 cup 81 mg
Cauliflower 1 cup 65 mg
Cabbage 1 cup 56 mg
Tomato 1 cup 55 mg
Bok Choy 1 cup 44 mg
Sweet Potatoes 1 cup 42 mg
Snow Peas 1 cup 38 mg
Kale 1 cup 23 mg

Juice:

Tomato Juice 1 cup 170 mg
Orange Juice 1 cup 124 mg
Pink Grapefruit Juice 1 cup 94 mg
White Grapefruit Juice 1 cup 94 mg
Pineapple Juice 1 cup 79 mg
Lime Juice 1 cup 73 mg
Mango Juice 1 cup 42 mg
Grape Juice 1 cup 32 mg
Cranberry Juice 1 cup 23.5 mg
Apple Juice, unsweetened 1 cup 12.5 mg
Prune Juice 1 cup 10.5 mg

"Let food be thy medicine and medicine be thy food" Hippocrates