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GANODERMA IS GANO EXCEL

## BENEFITS OF VITAMIN C

- reduce the severity of cold symptoms, acting as a natural antihistamine
- useful for allergy control
- often shorten the duration of the cold
- useful in wound healing of all types, from cuts and broken bones to burns and recovery from surgical wounds
- may protect the skin from free radical damage after exposure to ultraviolet (UV) rays
- Its antioxidant properties protect cells and their DNA from damage and mutation; it supports the body's immune system
- helps keep the immune system nourished,
- helps to prevent cataracts
- helps to prevent heart disease by preventing free radicals from damaging artery walls, which could lead to plaque formation
- Asthmatics tend to have higher needs for vitamin C because of its antioxidant function in the lungs and airways
- can help regulate blood sugar levels
- treating preeclampsia in pregnant women
- increasing sperm counts especially in smokers
- treating Parkinson's disease, autoimmune disorders and periodontal disease.

extract from : <http://health.howstuffworks.com/wellness/food-nutrition/vitamin-supplements/vitamin-c-benefits.html>



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