

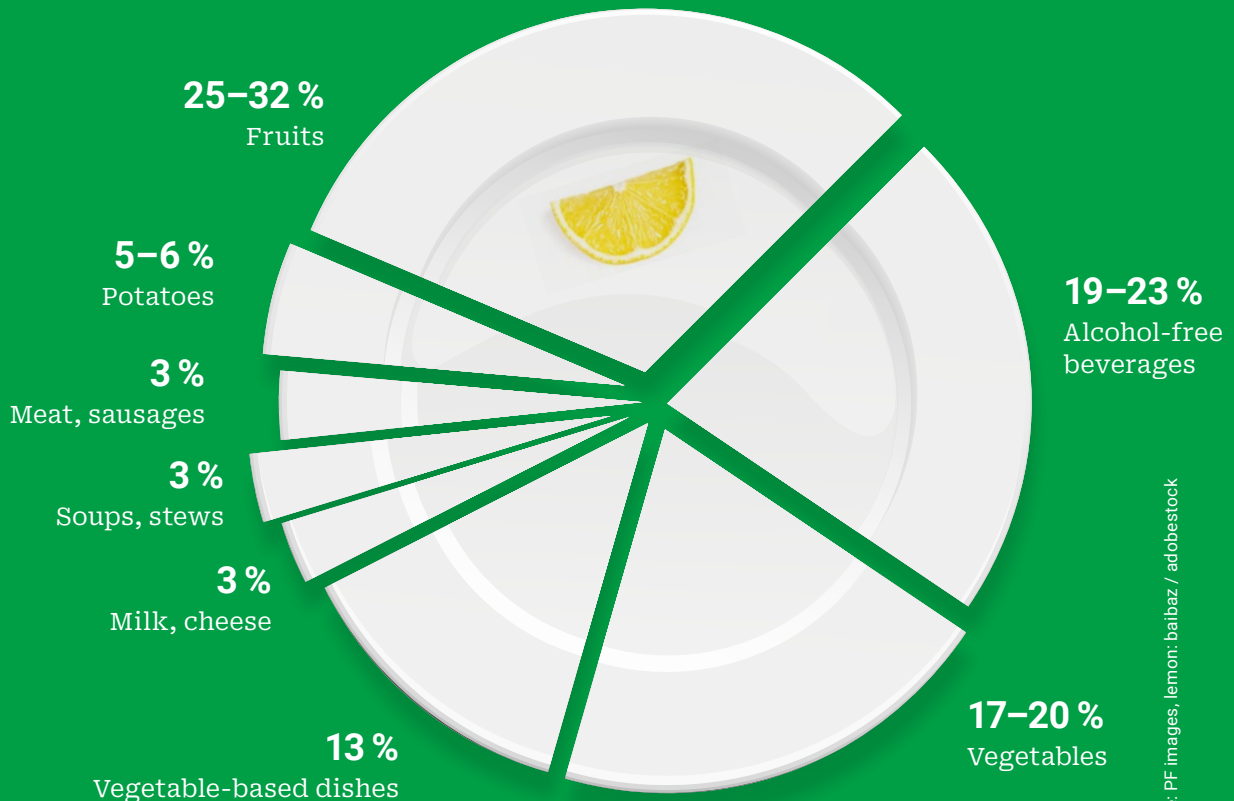
VITAMIN C

Many people take ascorbic acid, also known as vitamin C, to try to protect themselves from colds. But what is vitamin C, how much do we need of it and where do we get it from? A fact sheet.

... Why do we need vitamin C?

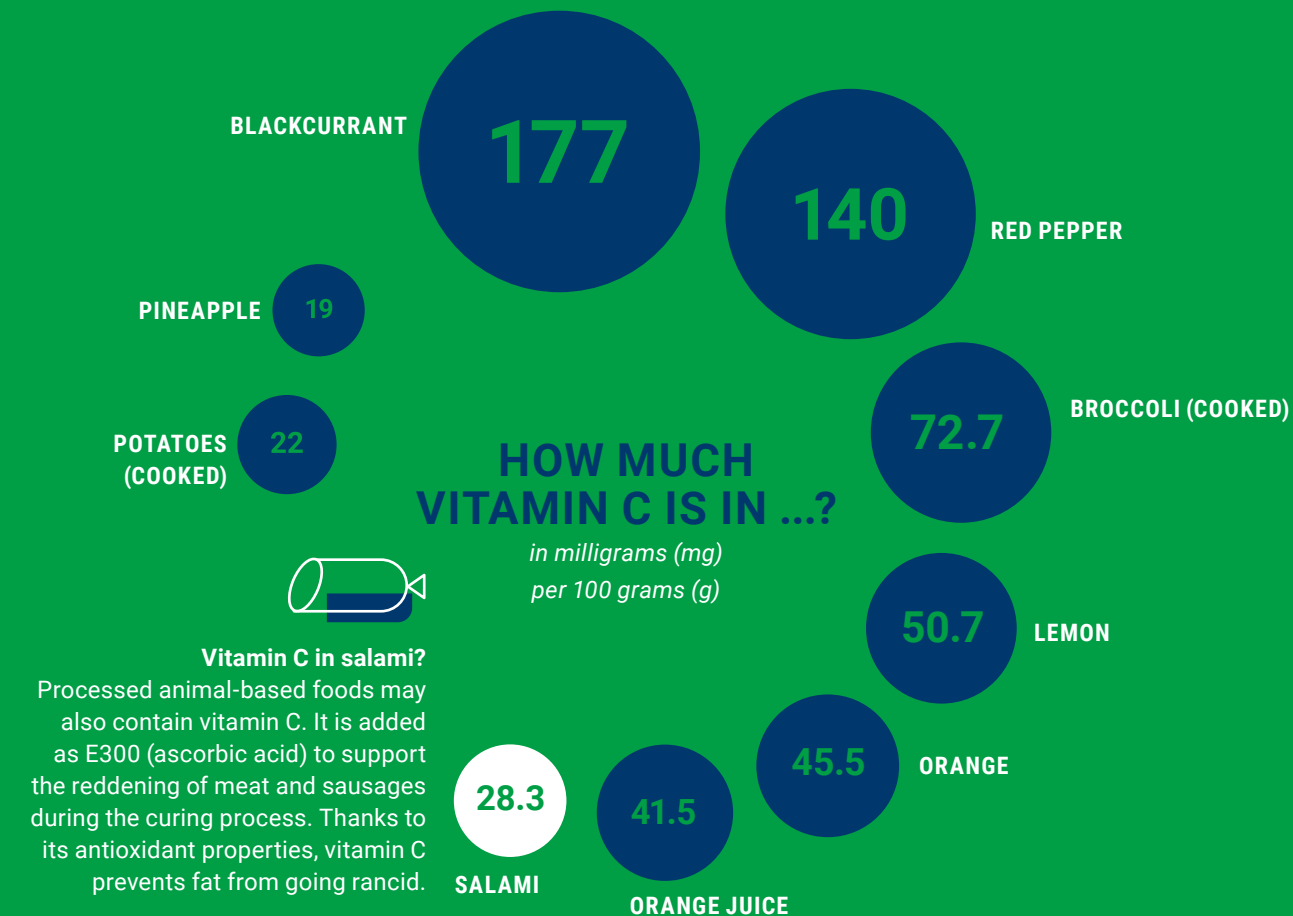
Our body needs vitamins for vital functions. We get them from foods. Vitamin C, also called ascorbic acid, fulfils various metabolic functions. These include contributions to the development of connective tissue, tissue repair and immune defence. It also improves iron absorption from plant-based foods.

Main sources of vitamin C



Source: National Food Consumption Survey II (NVS II)

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Vitamin C intake from food
per day

Average intake	134 mg	130 mg
High intake	317 mg	332 mg
Recommended intake	110 mg	95 mg

With a **balanced diet**, healthy individuals do not need vitamin supplements or fortified foods to meet their vitamin C requirements.

Source: National Food Consumption Survey II (NVS II)

Recommendations for persons with increased vitamin C requirements
per day

105 mg	125 mg
PREGNANT WOMEN	BREASTFEEDING WOMEN
135 mg	155 mg
FEMALE SMOKERS	MALE SMOKERS

Source: European Food Safety Authority (EFSA) and German Nutrition Society (DGE)

More information



The BfR's recommended maximum levels "Vitamins and minerals" (pdf)