

Vitamin C is important for immunity, heart health and not only. These are the symptoms that you do not receive enough of this substance.

**Fatigue and weakness.** Vitamin C is important for energy production, so its lack can cause fatigue and muscle pain.

**Light the formation of bruises, slow healing of wounds.** Vitamin C deficiency affects the production of collagen – a protein that is needed to maintain the health of blood vessels.

**Weak immunity.** The low level of vitamin C can increase the likelihood of developing infections.

**Weight changes.** Low consumption of vitamin C is associated with an increase in fat deposits. Also, the lack of this vitamin can lead to weight loss due to loss of appetite.

**Weak bones.** Vitamin C deficiency leads to an abnormal development of bones, a higher risk of fractures and osteoporosis.



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**Swollen and painful joints.** The joints consist of fabric in which there is a lot of collagen. In this case, vitamin C is important for the formation of this substance.

**Problems with teeth and gums.** The low level of vitamin C causes weakening and inflammation of the gums. In severe cases, this leads to a weakening of dentin and loss of teeth.

**Skin problems.** Vitamin C plays a major role in the production of collagen and acts as a powerful antioxidant. Its shortage can lead to wrinkles, dryness.

**Reducing the level of iron.** Due to the low level of vitamin C, the absorption of iron and its metabolism in the body worsen. This can also cause anemia and increase bleeding.

**Depression.** Vitamin C is important for maintaining mental health, as its lack is associated with depression, mood swings, as well as other neuropsychiatric symptoms.

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