AgelessCoach™
AGE STRONG. LIVE LONG.

The Vitamin C Checklist

Four steps, every box checkable. Print it, fridge it, take it to the shop.

2,000 MG · YOUR DAILY CEILING
FOOD, DRINKS AND SUPPLEMENTS

CHECKED AGAINST
NIH ODS · MEDLINEPLUS · NIA

1 CHECK WHETHER YOU ARE IN A SHORT GROUP

- ○ **You smoke**, or you live with someone who does. Add 35 mg to your row.
- ○ **You eat a very limited variety** of food, week after week.
- ○ **A medical reason:** severe malabsorption, some cancers, dialysis.
- ○ **None of these?** Most US adults already get enough from food.

Deficiency is rare in the United States and Canada (NIH ODS).

2 COUNT THE CEILING FROM ALL SOURCES

- ○ Multivitamin _____ mg · Immune formula _____ mg
- ○ Drink mix _____ mg · Single vitamin C bottle _____ mg
- ○ **Your total stays under 2,000 mg a day.** Food and drinks count too.
- ○ Serving size checked: the number on the front may be two capsules.

3 FLAG THE MEDICINES THAT CLASH

- ○ **In cancer treatment?** Ask before any antioxidant, especially high doses.
- ○ **On a statin plus niacin?** One study saw the heart benefit reduced.
- ○ **Hemochromatosis?** High doses can worsen iron overload.
- ○ **Pregnant or nursing?** Large doses are not recommended.

4 ADD A SINGLE INGREDIENT CAPSULE IF YOU NEED ONE

- ○ **One nutrient per bottle**, so you can see what you are actually taking.
- ○ **Amount per serving printed** on the label, not just on the front.
- ○ **USP or NSF mark**: made properly, holds what the label says.
- ○ A seal is not a promise that it is safe or that it works (NIH ODS).

THE PRODUCE AISLE, RANKED

Red and green pepper	A LOT
Oranges, grapefruit	A LOT
Kiwifruit	A LOT
Broccoli, strawberries	SOME
Cantaloupe, tomatoes	SOME
Long-stored produce	LESS

TOO MUCH LOOKS LIKE

Diarrhea, nausea, stomach cramps, and rarely kidney stones. Ease back and recount step 2.

BEYOND THE BOTTLE · YOUR NUMBER, YOUR FOOD, YOUR WHY

YOUR DAILY TARGET - *circle your row*

GROUP	PER DAY	IF YOU SMOKE
Men 19+	90 mg	125 mg
Women 19+	75 mg	110 mg
Pregnant	85 mg	ask first
Breastfeeding	120 mg	ask first

Target = what to reach. The 2,000 mg ceiling above = what not to pass, and it counts food, drinks and supplements together. RDAs per NIH ODS.

FOOD FIRST - *the ODS two tiers, raw beats cooked*

Red or green pepper	1 serving	A lot
Orange or grapefruit	1 serving	A lot
Kiwifruit	1 serving	A lot
Broccoli	1 serving	Some
Strawberries	1 serving	Some
Baked potato, tomato	1 serving	Some

Long storage and cooking cut the amount. Steaming or microwaving loses less.

WHAT IT RUNS IN YOUR BODY - *why the habit is worth it*

- ✓ Collagen your wounds need to heal
- ✓ Cartilage, bones and teeth upkeep
- ✓ Normal immune system function
- ✓ Skin, tendons, ligaments, blood vessels
- ✓ Iron absorbed from plant foods
- ✓ Antioxidant defence against free radicals

Your body cannot make vitamin C and does not store it, so it has to arrive most days (MedlinePlus).