

# There are 8 signs that mean your body is lacking serious vitamin C

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Vitamin C deficiency is one of the serious problems that need to be detected early and 'treated' by supplementing with natural foods, dietary supplements that contain important vitamin C ingredients. this.

Many medical experts agree that in today's modern and bustling life, **vitamin C deficiency** is quite common. Formula milk or Infant formulas and food sources rich in vitamin C are excellent sources to prevent this essential nutrient deficiency.



## Body signs lack serious vitamin C

Here are signs that your body is lacking in serious vitamin C:

1. **Fatigue:** People who are deficient in vitamin C tend to feel tired all the time and lose energy. However, body fatigue is a 'chronic' symptom of many different conditions, so it is difficult to confirm it based on this sign alone.
2. **Mood changes:** People who are deficient in vitamin C tend to become irritable and angry.

3. **Weight loss:** You may not know, if vitamin C deficiency can lead to unexplained weight loss. This phenomenon is common in malnourished people.
4. **Sore muscles and joints:** Muscular and joint pain may also be a sign of nutritional deficiencies such as vitamin C.
5. **Bruising:** People who are deficient in vitamin C tend to bruise easily. The degree of bruising is a sign that the body needs to be improved.
6. **Problem teeth:** Vitamin C contributes to 'healthy' teeth and gums. If vitamin C deficiency can cause gum problems.
7. **Dry hair and skin:** Dry hair and skin are not only a sign of your body's lack of vitamin C but also a sign of your body's lack of other essential minerals.
8. **Infection:** When the body is not getting enough vitamin C, this can have a negative impact on healing wounds and infections. The reason is simply because the body's immune system is now poor.

### **Refer to some of the following articles:**

1. Signs of your body are missing a serious vitamin
1. 8 signs of abnormal eye warning about your health
1. 9 ways of beauty with coconut oil simple and effective

### **Wish you have moments of fun!**

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