

Too much vitamin C causes insomnia and high blood pressure

Overuse of Vitamin C also leads to many risks to your health such as causing insomnia and high blood pressure

Vitamin C works to prevent infections, reduce allergies, fight free radicals caused by pollution. It also helps the body absorb essential trace elements such as selenium, copper, zinc, manganese. The average need is 50-100 mg/day. If vitamin C is deficient, blood vessel walls are less durable, easy to bleed, and reduce resistance.



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However, taking more than 500mg of Vitamin C per day is not good for health.

If you take more than 1,000mg/day, you will experience digestive disorders, causing diarrhea, stomach irritation, excess iron, decreased erythrocyte stability, decreased ability of white blood cells to kill bacteria, cystitis, inflammation. urinary tract due to Ascorbic Acid.

If used over 2,000mg/day, Vitamin C will cause insomnia, Oxalat stone formation, insulin secretion inhibition, hypertension, kidney damage due to increased synthesis of Corticoids and Catecholamines.

Excess Vitamin C also causes excess absorption of iron; reduce absorption of copper, nickel, slow bone growth, easy to deform. Excessive use by pregnant women can cause birth defects in babies

Many types of Vitamin C effervescent tablets, in addition to the content of 1,000 mg of Vitamin C, also have 243 mg of table salt formed after the effervescence reaction. It is not recommended to use it for people with kidney failure, people on a salt diet - hypertension.

Some types of C effervescent tablets also contain 500 mg calcium mineral salts, which are not recommended for people with kidney stones.

On the other hand, regular use of Vitamin C can make the body get used to it, when not using it, you will feel tired.

Therefore, you should not consider Vitamin C as an unlimited use supplement, especially with children and pregnant women. In cases where it is necessary to use a high dose, it must be prescribed by a doctor and only used for a short time. Vitamin C, like other drugs, has both therapeutic effects and side effects that affect health.

Daily Vitamin C Needs

1. From birth to 3 years old: 25 - 30mg.
2. From 4 to 18 years old: 30-40mg.
3. Adults: 45mg.
4. Pregnant women: 50mg.
5. Breastfeeding: 70mg.

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