

Is too much vitamin C harmful?

June 16 2020, by From Mayo Clinic News Network, Mayo Clinic News Network



Credit: CC0 Public Domain

Your body needs vitamin C, but megadoses can cause many digestive problems. Find out how much of the nutrient you really require.

While vitamin C ([ascorbic acid](#)) is an essential nutrient, it's possible to

have too much of it.

Vitamin C is a water-soluble vitamin that supports normal growth and development and helps your body absorb iron. Because your body doesn't produce or store vitamin C, it's important to include vitamin C in your diet. For most people, an orange or a cup of strawberries, chopped red pepper, or broccoli provides enough vitamin C for the day.

For adults, the recommended daily amount for vitamin C is 65 to 90 milligrams (mg) a day, and the upper limit is 2,000 mg a day. Although too much dietary vitamin C is unlikely to be harmful, megadoses of vitamin C supplements might cause:

- Diarrhea
- Nausea
- Vomiting
- Heartburn
- Abdominal cramps
- Headache
- Insomnia

Remember, for most people, a [healthy diet](#) provides an adequate amount of vitamin C

©2020 Mayo Foundation for Medical Education and Research
Distributed by Tribune Content Agency, LLC.

Citation: Is too much vitamin C harmful? (2020, June 16) retrieved 27 April 2024 from <https://medicalxpress.com/news/2020-06-vitamin.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.