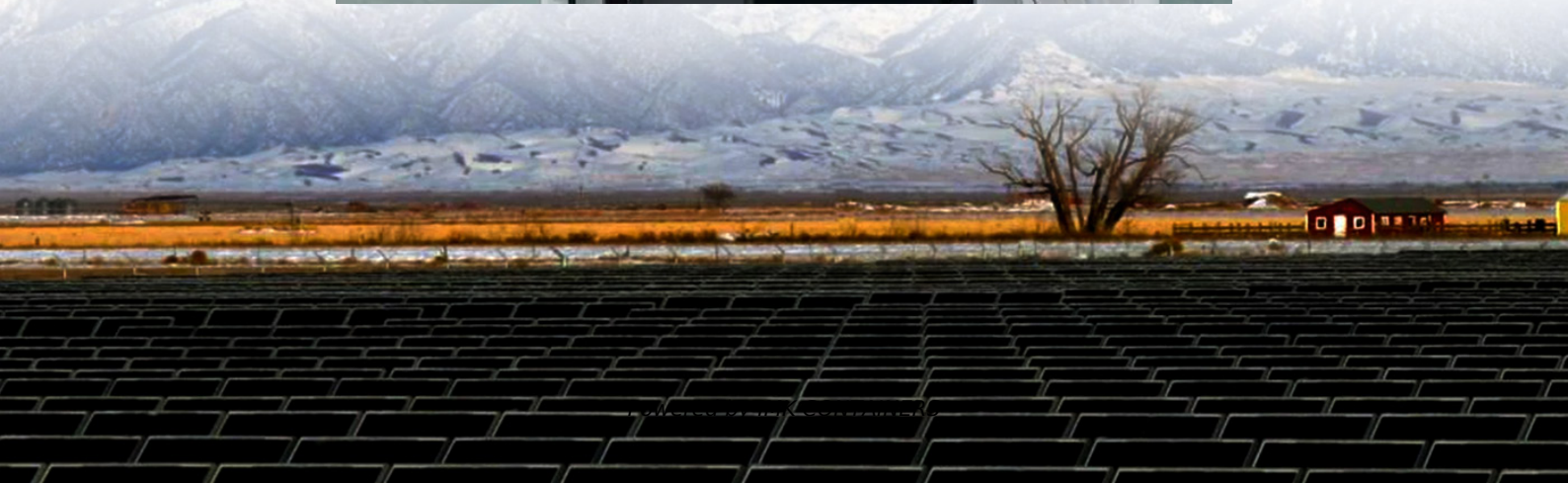


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Vitamin C

Vitamin C is an essential nutrient found in foods and available as a supplement you take by mouth. Learn about its potential benefits and the causes of vitamin C deficiency.

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[Water: How much should you drink every day?](#)

No single formula fits everyone. But knowing more about your body's need for fluids will help you estimate how much water to drink each day.

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Vitamin E

Foods rich in vitamin E include vegetable oils such as canola and olive oils, nuts, and seeds. Meats, dairy, leafy greens, and fortified cereals also have vitamin E. And the ...

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Vitamin B-6

Understand when a vitamin B-6 deficiency might occur and learn the risks of taking too much of this vitamin supplement.

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[Too much vitamin C: Is it harmful?](#)

Vitamin C is an essential nutrient, but you can get too much of it. If you're an adult, limit yourself to no more than 2,000 milligrams (mg) of vitamin C a day. The recommended ...

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Vitamin D

The recommended daily amount of vitamin D is 400 international units (IU) for children up to age 12 months, 600 IU for people ages 1 to 70 years, and 800 IU for people over ...

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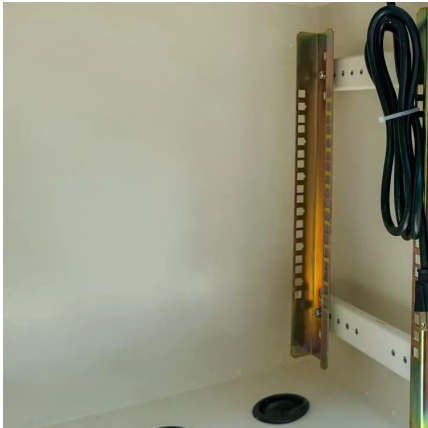
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