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Ulcer-Fighting Nutrition

Are you getting enough vitamin C ?

If you're getting plenty of vitamin C in your diet, you could be decreasing your risk of becoming infected with ulcer-causing bacteria.

In studies done, high levels of vitamin C, also known as ascorbic acid, were associated with a decreased risk of infection with *Helicobacter Pylori*, a kind of bacteria that is a common cause of ulcers. Good food sources of vitamin C include oranges, red bell peppers and strawberries.

Until next time have a super C week!

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