

STEPHEN GLOVER

STAFFORD SPORTS AND PERFORMANCE ACADEMY

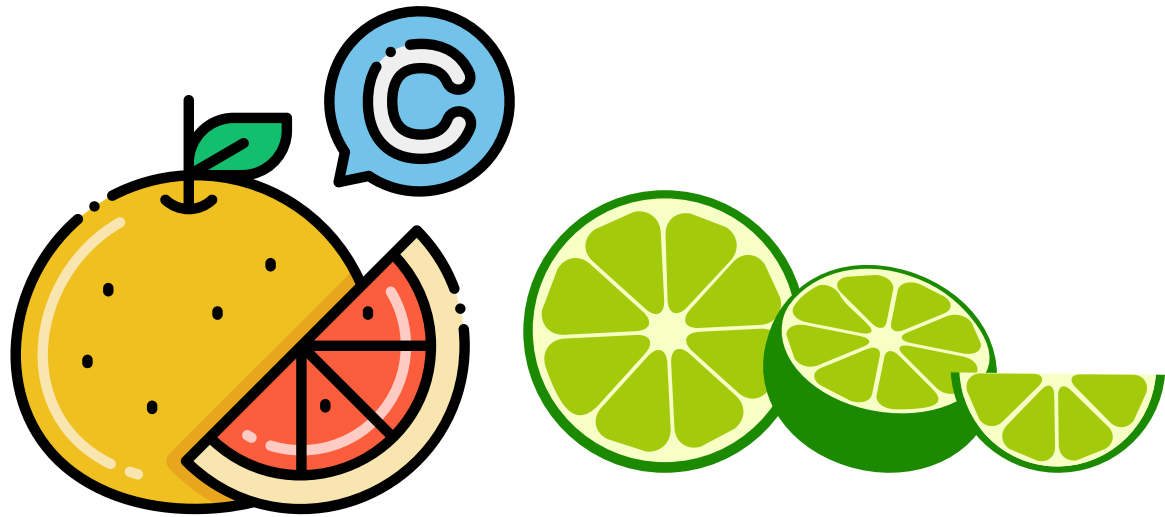
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VITAL VITAMIN



**VITAMIN C HELPS TO FIGHT INFECTIONS -
KEEPS YOU FROM GETTING SICK - KEEPS
MUSCLES AND SKIN HEALTHY AND HELPS
HEAL CUTS AND BRUISES
IT'S A SUPER HERO!**



YOU CAN FIND VITAMIN C IN -

STRAWBERRIES

ORANGES

KIWI FRUIT

**RED/ORANGE AND
YELLOW PEPPERS**

RASPBERRIES

BLUEBERRIES

POMEGRANATE

BROCCOLI

GRAPEFRUIT

TOMATOES

MANGOES

MELON

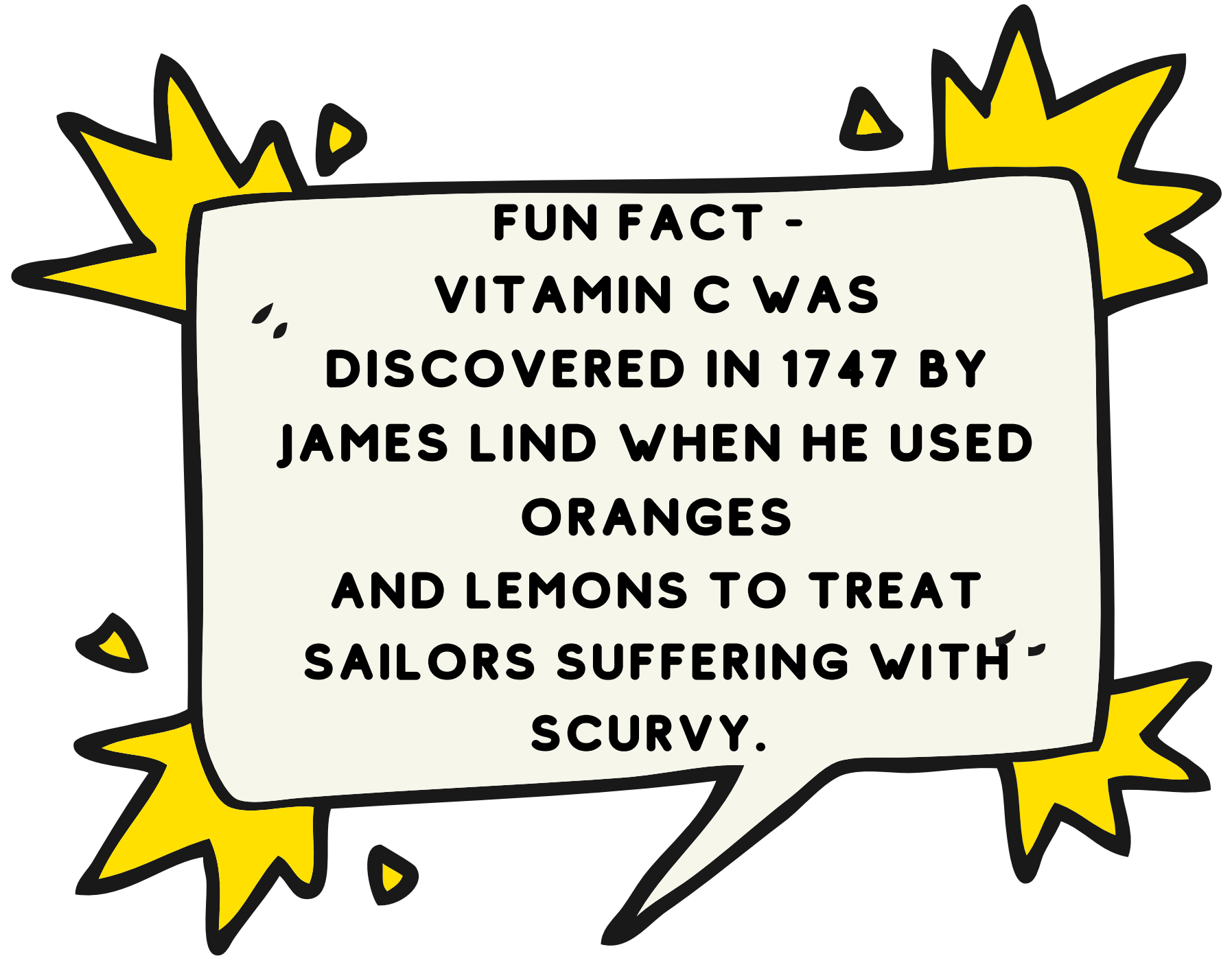
PAPAYA

LEMONS AND LIMES

KALE

BRUSSEL SPROUTS

POTATOES WITH THEIR SKINS ON.



**FUN FACT -
VITAMIN C WAS
DISCOVERED IN 1747 BY
JAMES LIND WHEN HE USED
ORANGES
AND LEMONS TO TREAT
SAILORS SUFFERING WITH
SCURVY.**

WHAT IS SCURVY?

**SCURVY IS A DISEASE
THAT IS CAUSED BY LACK
OF VITAMIN C.**

**SAILORS SUFFERED WITH
IT WHEN THEY WERE AT
SEA FOR MANY MONTHS
WITH NO FRESH FRUIT
AND VEG TO EAT.**

VITAMIN C

