

## Vitamin C content per 100g

Target : 500 mg de Vit C per day for 6-8 weeks



→ 1	Acerola cherry / maple cherry	1700,00 mg
→ 2	Blackcurrant	200,00 mg
→ 3	Fresh parsley	190,00 mg
→ 4	Raw pepper	162,00 mg
→ 5	Herbal mixture	143,00 mg
→ 6	Lemon peel	129,00 mg
→ 7	Vitamin C enriched breakfast cereals	100,00 mg
→ 8	Mixed fruit compote	< 99,3 mg
→ 9	Raw horseradish	97,30 mg
→ 10	Cooked pepper	81,00 mg
→ 11	Fresh lychee	71,50 mg
→ 12	Fresh red fruits (raspberries, strawberries, currants)	67,90 mg
→ 13	Strained red fruits (raspberries, strawberries, currants)	60,90 mg
→ 14	Fresh papaya	59,70 mg
→ 15	Fresh kiwi	59,00 mg
→ 16	Cooked Brussels sprouts	58,20 mg
→ 17	Raw cauliflower	57,90 mg
→ 18	Raw watercress	56,50 mg
→ 19	Apple Crumble	55,80 mg
→ 20	Apple juice	< 55,2 mg
→ 21	Raw red cabbage	55,00 mg
→ 22	Freshly squeezed orange juice	53,80 mg
→ 23	Fresh lemon	53,00 mg
→ 24	Orange (pulp)	39,70 mg