

Vitamin C Food & Label Checklist

FitInFlow.space · Values from NIH Office of Dietary Supplements. For information only, not medical advice. Updated October 2026.

1. One-day food tracker

Food	Serving	mg	Ate today? (servings)
Red bell pepper, raw	1/2 cup	95	
Orange juice	3/4 cup	93	
Orange	1 medium	70	
Kiwifruit	1 medium	64	
Green bell pepper, raw	1/2 cup	60	
Broccoli, cooked	1/2 cup	51	
Strawberries	1/2 cup	49	
Brussels sprouts, cooked	1/2 cup	48	
Grapefruit	1/2 medium	39	
Cantaloupe	1/2 cup	29	
Potato, baked	1 medium	17	
Tomato, raw	1 medium	17	
My total today			

2. Official reference values (adults 19+, mg per day)

Group	RDA	Upper limit (all sources)
Men	90	2,000
Women	75	2,000
Pregnancy	85	2,000
Breastfeeding	120	2,000
People who smoke	RDA + 35	2,000

Reference values, not dosing advice. A doctor or pharmacist can tell you what, if anything, makes sense for you.

3. Label check

- ☐ Amount per serving vs the upper limit (food counts too) ☐ Form: ascorbic acid, or a buffered salt that adds sodium/calcium
- ☐ Third-party seal confirmed on the program website ☐ Other ingredients: sugar, sweeteners, gelatin, colors
- ☐ No claims to prevent colds or illness ☐ Not already covered by my multivitamin

4. Ask my doctor or pharmacist if...

- ☐ I have had kidney stones, kidney disease or dialysis ☐ I have hemochromatosis or iron overload
- ☐ I am on chemotherapy or radiation ☐ I take a statin with niacin ☐ I have diabetes and want high-dose products

5. Get medical care for

Bleeding gums, slow-healing wounds or easy bruising; severe side or back pain with fever or vomiting; a cold lasting more than about three weeks, high fever or trouble breathing.

Report supplement side effects to the FDA: 1-800-FDA-1088 or [safetyreporting.hhs.gov](https://www.fda.gov/oc/ohrt/safetyreporting.html). Emergency: 911.