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Vitamin C Day

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| S | F | S | Y | X | F | L | X | F | C | R | R | M | S | N | Y | E | B | G | M | F | M | M | M |
| C | U | D | I | G | N | N | S | E | O | T | A | M | O | T | I | Y | Q | O | O | F | W | R | U |
| U | L | T | N | A | D | I | X | O | I | T | N | A | K | E | C | Z | B | T | K | B | Q | I | N |
| Q | L | B | D | P | G | C | K | P | F | K | W | S | T | I | U | R | F | S | U | R | T | I | C |
| U | E | H | C | H | U | D | K | S | T | I | C | D | T | M | T | L | R | K | G | U | U | D | P |
| B | Z | F | B | R | T | M | T | W | M | W | H | N | L | Z | B | O | N | E | S | T | G | S | R |
| R | W | U | B | L | A | E | S | N | S | I | X | K | E | Y | B | D | F | X | R | R | O | E | E |
| E | B | R | O | C | C | O | L | I | P | Q | Z | O | P | V | S | L | I | L | I | A | S | Q | V |
| D | K | Z | R | T | C | P | E | O | L | U | P | K | T | X | M | O | Y | M | S | R | J | V | E |
| B | D | Z | Q | E | B | U | S | E | G | N | A | R | O | B | U | H | V | C | E | Q | P | N | N |
| L | E | K | C | U | P | H | V | D | N | W | R | E | H | K | G | H | O | Q | B | G | P | N | T |
| O | H | M | J | O | M | A | X | B | H | L | K | C | X | E | E | R | B | D | J | Y | E | D | I |
| O | G | U | D | E | H | D | I | R | B | H | J | E | Z | A | B | V | A | L | X | C | P | T | O |
| D | L | H | K | Y | W | N | S | R | V | Z | J | M | P | A | F | L | U | Q | P | F | P | E | N |
| C | T | C | F | W | V | O | C | R | F | D | Z | V | T | U | Z | N | Y | F | L | H | E | E | P |
| E | C | S | Q | M | M | R | S | F | S | R | E | E | B | B | O | M | N | Y | K | O | R | Z | L |
| L | G | F | X | S | H | I | U | R | F | O | B | D | Y | F | X | L | K | A | G | A | S | E | E |
| L | C | H | A | X | A | H | Z | C | L | Y | O | Q | T | M | R | W | A | G | D | U | U | G | Z |
| S | V | Z | A | N | L | E | B | G | S | B | V | W | T | F | C | C | K | T | U | D | S | R | Q |
| S | E | I | R | R | E | B | W | A | R | T | S | Y | V | U | S | D | H | K | N | B | Q | K | W |
| R | W | J | U | F | N | M | C | O | L | L | A | G | E | N | P | T | U | Y | Q | A | C | U | Y |
| R | K | W | A | L | E | G | I | G | D | K | V | I | X | M | A | H | V | Q | Q | S | C | A | I |
| E | G | A | B | B | A | C | F | A | A | E | D | Z | A | C | J | N | A | B | O | H | L | S | Z |
| J | I | G | F | Z | D | K | I | V | K | X | B | B | R | Y | S | H | R | M | G | X | I | N | U |

   Anemia       Antioxidant       Ascorbate       Bones       broccoli       cabbage       cantaloupe       citrusfruits,       Collagen       Gums       kiwi       oranges       peppers       Prevention       Red blood cells       Repair       Scurvy       strawberries       tomatoes