

# Vitamin C for gout treatment, you can get easily from foods

**V**itamin C can easily and effectively decrease the level of **uric acid** in the blood. It is the main purpose of any kind of **gout treatment** whether it's medicines or natural treatments. The conventional and standard **uric acid level** in males is 6 mg/dl but in women the **uric acid** level is slightly lower than men. The main reason of developing the MSU deposits is uric acid level. It may be break up and dissolve and cure **gout**. The most latest studies of gout specialists recommended that the consumption of 500 mg of Vitamin C daily could 10 % decrease the amount of uric acid in the blood. You can get the Vitamin C amount easily from the dietary supplements and foods.



Is a fact that not every one of the patients who are suffering from gout have excessive level of uric acid in their blood. And if you are suffering with gout and possess increase level of uric acid in your body then you should immediately try to reduce the level of uric acid.

Is a fact that you can get Vitamins from natural resources, you will find Vitamins in fresh foods so it is very easy to eat and drink minimum 500 mg of vitamin C daily.

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*A Simple Gout Diet Handout I have been asked a lot of times by my patients to prepare a gout diet handout that they can refer to. Gout is just one over a hundred kind of arthritis that can affect the body. It is a result of having excessive uric acid in the blood. After i get...*

## Information Concerning Strawberries

Berries are very effective diet plan for the gout treatment because these have anthocyanidins. Some people believed that this is actually very effective to cut back the uric acid level in the body. It also improves the health of particular person so that is why it is cherries are very effective and also helpful for the **gout patients**.

- Strawberries have the highest level of vitamin c. and these should be considered very attentively and carefully by the gout patients.
- Even strawberries have the ability to cure the gout alone.

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