

Kira

C-vitamin is Good for Our Health (You shouldn't use pronouns such as 'our', 'your', etc., especially because you're not a doctor. "Is it possible to take too much vitamin C? Remember, for most people, a healthy diet provides an adequate amount of vitamin C"; <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/vitamin-c/faq-20058030>)

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Vitamin C (word order) is Generally Considered to be Healthy For People, but Most People Intake / Digest Enough of it without Needing Pills. So, if you did your homework, you would see this information quite easily (especially if you did your research in English), and so therefore, you would have figured out a different title.

Scientists recommend taking (You don't eat the tablets. recommend +ing) ~~to eat two tablets, a pill a / per day (in addition to)~~ to improve our mental health. There are a lot of vitamins in one tablet (Those are called multiple vitamins. Are you talking about vitamin C or multiple vitamins?? Now is the time to do your research.).

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I tried it one day and it (??totally?? Were you hooked up to physiology monitors?? You might be able to say that it seemed like it totally worked, but not that it totally worked. You can say that it seemed to lift your energy level, or something, but maybe you'll get cancer from it in a few years??) worked.

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I was not so exhausted after a day I took 2 tablets after lunch (This is not scientific evidence.

Empirical Evidence: A Definition: <https://www.livescience.com/21456-empirical-evidence-a-definition.html>. One of my friends said that she could concentrate twice as actively than the previous days.

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Moreover, (Commas are important when they are applied properly.) she did not have to drink some coffee ~~on~~ that day.

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At that time she was 65 kilogramms and now she's currently 60, (??so she last weighed with some vitamins??). Presently, I am on a diet and I eat 3 times a day addition to swimming 4 times a day.

I went to a doctor (Why??) who wrote up a diet recommendation / a prescription for me, which I subscribe to (??).

I am so happy that I (??eventually?? What do you mean by "eventually"??) tried it and I recommend it to everyone too (Do you think this writing has convinced me to get on the Vitamin C bandwagon??); it's absolutely worth it if you'd like to improve your health (This advice shouldn't be given unless you can back it up by a quote or a doctor. Do your research now, before the test.).

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Notes: This writing is at about 40%. There's another student's homework that I posted on your page too. Please look at it. I'd give him maybe a 60 or 65%, which still isn't up to par. His problems are construction and flow, mostly, whereas yours are all the categories: grammar, vocabulary, the content, and the structure and style.

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C-vitamin is Good for Our Health

Scientists recommend to eat two tablets a / per day in addition to improve our mental health. There are a lot of vitamins in one tablet.

I tried in one day and it totally worked. I was not so exhausted after a day I ate 2 tablets after lunch. One of my friends said that she could concentrate twice as actively that the previous days.

Moreover she did not have to drink some coffee on that day.

She was 65 kilograms and currently she is 60, so she lost weight with some vitamins. Presently I am on a diet and I eat 3 times a day this additionally I do swimming.

I went to a doctor, wrote a diet to me thereafter I bought those ingredients.

I am so happy that eventually tried it and I recommend it to everyone too, it absolutely worths it to try improve your health.