

## **SUMMARY**

The bachelor thesis deals with vitamin C and its importance in human nutrition and cancer prevention. The dissertation is divided into a theoretical and a practical part.

The theoretical part begins with a brief introduction to vitamins and their functions, and then the thesis focuses exclusively on vitamin C. General information about vitamin C is described, such as its chemical composition, functions, sources in the diet, recommended daily doses, and then the thesis deals with its role in cancer prevention, discussing the individual functions of vitamin C that affect prevention. The theoretical part concludes with the latest findings and hypotheses from studies and research on vitamin C in oncology.

The practical part focuses on the evaluation of a questionnaire survey in which 194 respondents of different ages and educational backgrounds participated. The questionnaire consisted of 18 questions focusing on both the respondents' knowledge and their vitamin C habits.

The results indicate that the awareness of both lay and expert respondents is quite high. In conclusion, it was recommended that further questionnaires be carried out with greater attention to equal representation of the groups surveyed.

**Keywords:** vitamin C, prevention, oncology