

Patient Education Projects

Patient Education

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Debunking Medical Myths: Vitamin C Prevents the Common Cold

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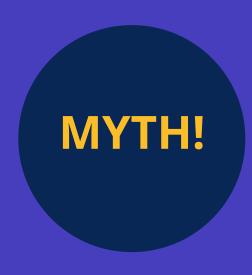
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Myth or Fact? Vitamin C Prevents the Common Cold





Vitamin C became a popular treatment option for the common cold in 1970 by Noble prize winner Linus Pauling when he stated it could cure and prevent the cold. While correct that vitamin C can be helpful he overall exaggerated the vitamins' effect causing the "Linus Pauling effect" in which sales of Vitamin C quadrupled. Linus went as far as to conclude mega-dose of Vitamin C could cure cancer and decrease mortality.(3)

What are the facts?



Incidence

frequency that an illness occurs in a population

Using two meta-analyses, covering 19,778 people, no significant correlation between daily Vitamin C supplementation and frequency of the common cold was found. That is, populations with daily vitamin C supplementation and populations without it had very similar INCIDENCE of the common cold (2) (3)

Factual Correlations with Common Cold Incidence



F SUBJECTS HE CONTROL GROUP BY NOT WASHING THEIR HANDS (5)



Megadosing

Taking a dose of a vitamin or drug much greater than recommended daily intake duration or severity of cold symptoms in healthy adult

Actions that you can take to **Prevent the Common Cold**

- Wash your hands regularly
- Wear a face mask
- Avoid touching your face
- Social distance (6)



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