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Debunking Medical Myths: Vitamin C

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VITAMIN C,

does it prevent ILLNESS?

Vit. C deficiency leads to Scurvy



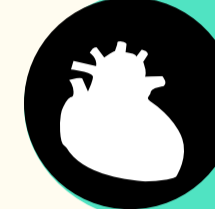
High performance athletes benefit from Vitamin C intake

Vitamin C can shorten the duration of the common cold



Our diet is our only source of Vitamin C

Vit. C prevents the common cold



Vit. C prevents cardiovascular disease

Vit. C supplements reduce cancer risk



Vit. C supplements improve your vision

FACT
MYTH

Deficiency leads to Scurvy

- Vitamin C is necessary for collagen synthesis
- Scurvy symptoms present after only 3 months of Vit C deficiency



It can prevent colds in high performance athletes

- 6 studies showed that marathon runners, skiers, and soldiers exposed to cold showed a 50% decrease in common cold incidence when taking Vitamin C



Necessary Dietary Intake

- Humans, gorillas, guinea pigs, and fruit bats are the ONLY species that can't make Vitamin C
- Vitamin C rich foods include citrus fruits and vegetables



It can shorten the duration of a common cold

- Across 31 trials, taking Vitamin C supplements prior to being sick reduced cold symptoms by 18% in children



- Across 18 trials, including 8472 patients, there was no significant difference in the incidence of the common cold between those taking Vitamin C and those taking a placebo.

Vit. C does NOT prevent the common cold

- 38 studies have shown that Vitamin C supplementation does not influence cancer incidence in men and women

Vitamin C does NOT lower cancer risk

- A 2017 meta-analysis showed that Vitamin C supplementation does not influence age-related macular degeneration.

Vit. C does NOT improve your vision



- In a study of 14,641 men, long term Vitamin C supplementation proved to not reduce incidence of cardiovascular disease over 8 years

Vit. C does NOT lower cardiovascular disease risk

MYTH