Debunking Medical Myths: Vitamin C

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VITAMIN C, does it prevent ILLNESS?

**FACT**
- Vitamin C is necessary for collagen synthesis.
- Scurvy symptoms present after only 3 months of Vit C deficiency.
- It can shorten the duration of a common cold.
- It can prevent colds in high performance athletes.
- 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.
- Vitamin C does NOT prevent the common cold.

**MYTH**
- Deficiency leads to Scurvy.
- Vit. C can prevent colds in high performance athletes.
- Studies showed that Vitamin C can prevent colds in marathon runners, skiers, and soldiers exposed to cold.
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**FACT**
- Deficiency leads to Scurvy.
- High performance athletes benefit from Vitamin C intake.
- Our diet is our only source of Vitamin C.
- It can prevent colds in high performance athletes.
- Across 31 trials, taking Vitamin C supplements prior to being sick reduced cold symptoms by 18% in children.
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