

4-1-2023

Debunking Medical Myths: Vitamin C & Covid-19

Tannia M. Rodriguez

Wayne State University School of Medicine, cl7122@wayne.edu

Leane Kuo

Wayne State University School of Medicine, hf7455@wayne.edu

Anah Salgat

Wayne State University School of Medicine, hj8004@wayne.edu

Mitchell Wu

Wayne State University School of Medicine, hk4780@wayne.edu

Gabriella Gonzales

Wayne State University School of Medicine, hl5229@wayne.edu

See next page for additional authors

Follow this and additional works at: https://digitalcommons.wayne.edu/pat_edu_proj



Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

Recommended Citation

M. Rodriguez, Tannia; Kuo, Leane; Salgat, Anah; Wu, Mitchell; Gonzales, Gabriella; and Dougherty, Jacob, "Debunking Medical Myths: Vitamin C & Covid-19" (2023). *Patient Education Projects*. 588.

https://digitalcommons.wayne.edu/pat_edu_proj/588

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.

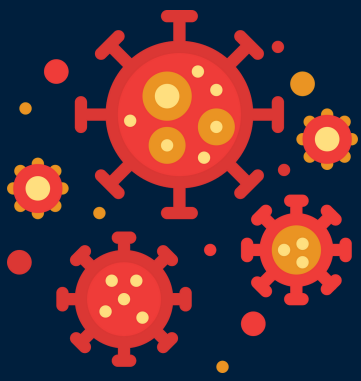
Authors

Tannia M. Rodriguez, Leane Kuo, Anah Salgat, Mitchell Wu, Gabriella Gonzales, and Jacob Dougherty

VITAMIN C & COVID-19

DEBUNKING MEDICAL MYTHS

Rodriguez T, Salgat A, Wu M, Kuo L, Gonzales G, Dougherty J
Gray 15



1) COMMON COVID-19 SYMPTOMS

COVID-19 is caused by infection with severe acute respiratory syndrome Coronavirus 2 (SARS-CoV-2). Common symptoms of COVID-19 include fever, chills, cough, shortness of breath, muscle aches, fatigue, sore throat, and loss of taste or smell.

2) COVID-19 PREVENTION

The FDA has issued an emergency use authorization for tixagevimab plus cilgavimab (EVUSHELD™), to help protect against COVID-19. Many also turn to tried and true home remedies in hope of curing COVID-19, namely Vitamin C, with no evidence of the efficacy of this method.



3) VITAMIN C & IMMUNITY

Vitamin C is a water-soluble nutrient and key antioxidant, shown to be effective for boosting immunity for some diseases before contraction, and as treatment for some bacterial and viral infections.

4) NO BENEFIT IN TREATMENT

Adding Vitamin C to COVID-19 treatment regimens showed NO statistically significant differences compared to receiving COVID-19 treatment alone.



5) NO IMPACT ON OUTCOMES

Recent studies indicate vitamin-C administration had NO impact on clinical outcomes like mortality, ICU admission, hospital stay, & mechanical ventilation, irrespective of its dosage, route of administration and disease severity.

6) TREATING COVID-19

The FDA has approved treatment of COVID-19 with Veklury (remdesivir), an antiviral drug, and Olumiant (baricitinib), an immunomodulator, for certain hospitalized patients. Among older populations, nirmatrelvir has also been shown to significantly lower the rates of hospitalization and death.



7) WHY GET VACCINATED?

Receiving the COVID-19 vaccination is the safest and most reliable method in building protection against COVID-19. It is CDC recommended for everyone 6 months and up.

References:

- JamaliMoghadamSiahkali, S., Zarezade, B., Koolaji, S., SeyedAlinaghi, S., Zendehdel, A., Tabarestani, M., ... Ghiasvand, F. (2021). Safety and effectiveness of high-dose vitamin C in patients with COVID-19: a randomized open-label clinical trial. *European Journal of Medical Research*, 26(1).doi:10.1186/s40001-021-00490-1
- Rawat D, Roy A, Maitra S, Gulati A, Khanna P, Baidya DK. Vitamin C and COVID-19 treatment: A systematic review and meta-analysis of randomized controlled trials. *Diabetes Metab Syndr*. 2021 Nov-Dec;15(6):102324. doi: 10.1016/j.dsx.2021.102324. Epub 2021 Oct 28. PMID: 34739908; PMCID: PMC8552785.
- Zheng S, Chen Q, Jiang H, Guo C, Luo J, Li S, Wang H, Li H, Zheng X, Weng Z. No significant benefit of moderate-dose vitamin C on severe COVID-19 cases. *Open Med (Wars)*. 2021 Sep 22;16(1):1403-1414. doi: 10.1515/med-2021-0361. PMID: 34616916; PMCID: PMC8459914.
- Arbel R, Wolff Sagy Y, Hoshen M, Battat E, Lavie G, Sergienko R, Friger M, Waxman JG, Dagan N, Balicer R, Ben-Shlomo Y, Peretz A, Yaron S, Serby D, Hammerman A, Netzer D. Nirmatrelvir Use and Severe Covid-19 Outcomes during the Omicron Surge. *N Engl J Med*. 2022 Sep 1;387(9):790-798. doi: 10.1056/NEJMoa2204919. Epub 2022 Aug 24. PMID: 36001529; PMCID: PMC9454652.
- Centers for Disease Control and Prevention. (n.d.). Covid-19 treatments and medications. Centers for Disease Control and Prevention. Retrieved November 30, 2022, from <https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html>