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Debunking Medical Myths: Does Vitamin C Prevent The Common Cold?

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Does Vitamin C Prevent The Common Cold?

VITAMIN C CAN:

Act as a water-soluble antioxidant¹

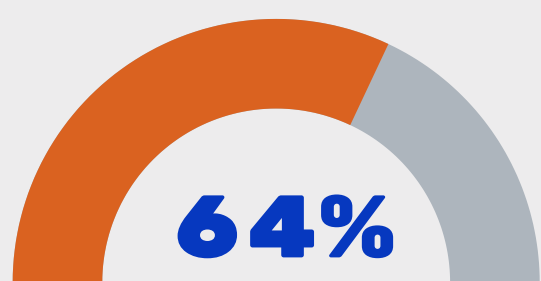
Help with bone formation and wound healing¹

Decrease the severity of symptoms and duration of a cold¹

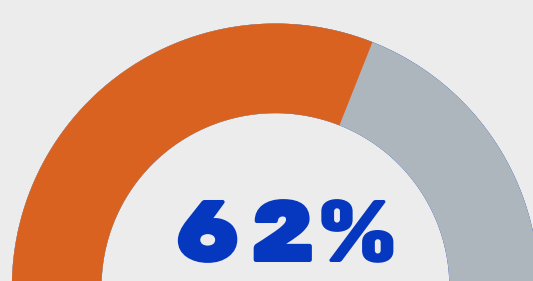
VITAMIN C CANNOT:

Prevent the common cold!

- In a systematic review of 29 trials involving **11,306** participants, vitamin C supplementation failed to reduce the incidence of colds²
- In another systematic review of 18 randomized control trials involving **8,472** patients, there was no statistical significance of catching the common cold between those who took vitamin C supplementation and those who did not³



Chance of catching the cold at least once during flu season **without taking vitamin C**¹



Chance of catching the cold at least once during flu season **while taking vitamin C**¹

Conclusion: While there are benefits to taking vitamin C supplements, there is no current evidence proving that vitamin C can significantly prevent the onset of the common cold.

Make sure to:



Group 18: Kammo, Sesilia A; Klumpp, Sonja P; Markey, Grace E; Wang, Michael C; Ali, Hamza D; Eskandarian, Alex K

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2.Hemilä H, Chalker E. Vitamin C for preventing and treating the common cold. Cochrane Database Syst Rev. 2013;2013(1):CD000980. Published 2013 Jan 31. doi:10.1002/14651858.CD000980.pub4

3.Bucher A, White N. Vitamin C in the Prevention and Treatment of the Common Cold. Am J Lifestyle Med. 2016;10(3):181-183. Published 2016 Feb 9. doi:10.1177/1559827616629092