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 antioxidant
- Help with bone formation and wound healing
- Decrease the severity of symptoms and duration of a cold

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 colds.
  - 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 not.

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:

- Avoid contact with sick people
- Wash your hands often throughout the day

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