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Debunking Medical Myths: Vitamin C & Common Colds

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VITAMIN C & COMMON COLDS

Green 21: Kohavi, M., Jafri, A., Kothari, Z., Regan, B., Deppong, T., Hanna, T.

Myth: Does Vitamin C prevent common colds?

MECHANISM



Vitamin C neutralizes free radical molecules, which in excess can damage cells. It also stimulates the activity of white blood cells, via the migration of neutrophils, to boost the immune system.

PREVENTION

Several research articles have proven that Vitamin C supplementation **FAILS** to reduce the incidence of colds and is not recommended for community prophylaxis. 29 placebo conducted trials supported no incidence reduction for the common cold for the general population with supplementation.



BENEFITS



Vitamin C has an important function in decreasing the severity and duration of already acquired colds. A trial involving 11,350 participants found an 8% reduction in duration of colds for adults and 13% for children. For individuals under high physical stress (marathon runners, soldiers, etc), there may be some reduction in the incidence of colds as well.

DOSING

The recommended daily amount for vitamin C is 75 mg a day for women and 90 mg a day for men. Oftentimes, ample Vitamin C is usually acquired through our diet as consuming 5 varied fruits and vegetables daily typically provides more than 200mg.



No, Vitamin C does not prevent the common cold

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