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Debunking Medical Myths: Is Vitamin C Really Your Best Friend When Trying To Avoid A Cold?

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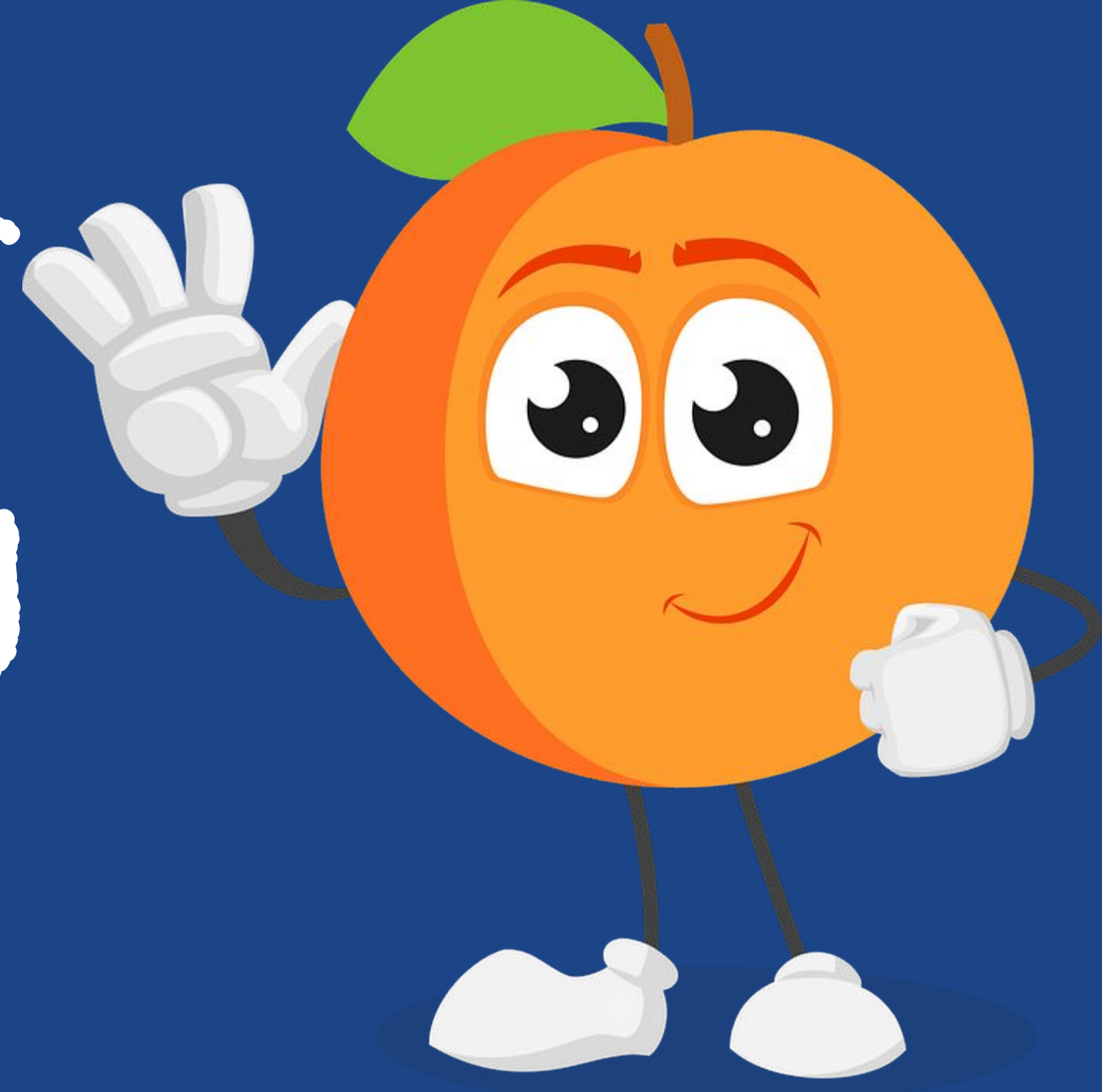
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Is Vitamin C really your best friend when trying to avoid a cold?



Orange 27: Gandra N, Khan U, Rittle C, Sharba N, Stryd J, Swift G

MYTH!

Did you know that daily Vitamin C supplements have actually not been proven to reduce incidence of infections!

Vitamin C is important for the body to stay healthy but most people get more than enough in their daily diets! Studies have shown that Vitamin C has no impact in preventing the onset of a cold and may only shorten the duration.



Those daily gummies won't be enough to keep the sniffles away!

Alternative suggestions to prevent a cold:



Wash your hands



Disinfect surfaces



Cover your mouth