The use of megadoses of vitamin C to prevent the common upper respiratory diseases remains an unproven claim. Fourteen studies have been reviewed of which eight were considered acceptable. Only minor and insignificant effects were noted in terms of the prophylactic benefit of administering megadoses of vitamin C. In some cases, it appears that vitamin C may have slightly reduced the severity of the symptoms. In another study, an excess of 80 mg of vitamin C per day achieved the same results as megadoses (1 to 2 g/day). Based on the data available, there appears to be little justification for administering megadoses of vitamin C as a prophylactic regimen against the common cold.

OTHER VITAMINS (TABLE 41-6)

VITAMIN C
EDITORS

**MAURICE E. SHILS, M.D., Sc.D.**
Adjunct Professor (Nutrition) Department of
Public Health Sciences Bowman Gray School
of Medicine Wake Forest University Winston-
Salem, North Carolina Professor Emeritus of
Medicine Cornell University Medical College
Formerly, Director of Clinical Nutrition
Memorial Sloan-Kettering Cancer Center New
York, New York

**JAMES A. OLSON, PH.D.**
Distinguished Professor of Liberal Arts and Sciences
Department of Biochemistry and Biophysics Iowa
State University Ames, Iowa

**MOSHE SHIKE, M.D.**
Director of Clinical Nutrition Memorial
Sloan-Kettering Cancer Center Associate
Professor of Clinical Medicine Cornell
University Medical College New York,
New York