

Vitamine C en verkoudheid; overzicht van een megadosis literatuur

J.KLEIJNEN, G.TER RIET EN P.G.KNIPSCHILD Ned
Tijdschr Geneesk 1989; 133, nr 31, p. 1532-5

LITERATUUR

- ¹ Anonymus. Ascorbic acid and the common cold. Nutr Rev 1967; 25: 228-31.
- ² Pauling L. Vitamin C and the common cold. San Francisco: Freemaa, 1970.
- ³ Ketz HA. Uber die prophylaktische Wirkung des Vitamin C und den Vitamin-C-Bedarf des gesunden Erwachsenen. Z Medizin 1970; 25: 414-7.
- ⁴ Dykes MHM, Meier P. Ascorbic acid and the common cold. Evaluation of its efficacy and toxicity. JAMA 1975; 231: 1073-9.
- ⁵ Chalmers TC. Effects of ascorbic acid on the common cold. An evaluation of the evidence. Am J Med 1975; 58: 532-6.
- ⁶ Wilson CWM. Colds, ascorbic acid metabolism, and vitamin C. J Clin Pharmacol Ther 1975; 15: 570-8.
- ⁷ Pauling L. How to live longer and feel better. New York: Freeman, 1986.
- ⁸ Ruskin SL. Calcium cavitamate in the treatment of acute rhinitis. Ann Otol Rhinol Laryngol 1938; 47: 502-11.
- ⁹ Peters M. Zur Frage der resistenzsteigernden Wirkung prophylaktischer Dauermedikation von Vitamin C. Z Kinderheilkd 1940; 61: 179-83.
- ¹⁰ Ertel H. Der Verlauf der Vitamin-C-Prophylaxen im Frühjahr 1941. Die Ernährung 1941; 6: 269-73.
- ¹¹ Cowan DW, Diehl HS, Baker AB. Vitamins for the prevention of colds. JAMA 1942; 120: 1268-71.
- ¹² Ertel H. Über die Vitamin-C-Prophylaxen im Frühjahr 1942. Die Ernährung 1942; 7: 326-31.
- ¹³ Glazebrook AJ, Thomson S. The administration of vitamin C in a large institution and its effect on general health and resistance to infection. J Hyg (Lond) 1942; 42: 1-19.
- ¹⁴ Oskam J. Onderzoek naar de waarde van vitamine C en chinine als prophylactica tegen 'verkoudheidsziekten'. Amsterdam, 1942. Proefschrift.
- ¹⁵ Bergquist G. Om profylaktiska medel mot s.k. forkylningssjukdomar. Svenska Lakartidningen 1943; 40: 2042-7.
- ¹⁶ Hopfengartner. C-Vitaminprophylaxe bei Sauglingen. Monatsschr Kinderheilkd 1943; 92: 330-4.
- ¹⁷ Dahlberg G, Engel A, Rydin H. The value of ascorbic acid as a prophylactic against common colds. Acta Med Scand 1944; 119: 540-61.
- ¹⁸ Brown WMB, Mahoney F, Niedringhaus A, Locke A. Weather and susceptibility in relation to the spread of common cold; effect of ascorbic acid, in massive dosage, on duration. J Immunol 1945; 50: 161-79.
- ¹⁹ Cuendet O. Ernährungs- und Vitaminfragen im Saas-Tal. Praxis 1949; 38: 378-82.
- ²⁰ Scheunert A. Der Tagesbedarf des Erwachsenen an Vitamin C. Int Z Vitaminforsch 1949; 20: 374-86.

- ²¹ Cowan DW, Diehl HS. Antihistaminic agents and ascorbic acid in the early treatment of the common cold. *JAMA* 1950; 143: 421-4.
- ²² Hartley W, Krebs HA, O'Brien JRP. Vitamin C requirement of human adults. *Medical Research Council Special Report Series* 1953; no 280.
- ²³ Woolstone AS. Treatment of the common cold. *Br Med J* 1954; i: 1290.
- ²⁴ Bendel A. Redoxon als Prophylaktikum bei Erkaltungskrankheiten. *Ther Umsch Med Bibliograph* 1955; 12: 87-8.
- ²⁵ Franz WL, Sands GW, Heyl HL, Hanover NH. Blood ascorbic acid level in bioflavonoid and ascorbic acid therapy of common cold. *JAMA* 1956; 162:1224-6.
- ²⁶ Tebrock HE, Arminio JJ, Ossining NY, Johnston JH. Usefulness of bioflavonoids and ascorbic acid in treatment of common cold. *JAMA* 1956; 162:1227-33.
- ²⁷ Miegl H. Der akute Infekt der oberen Luftwege und seine Behandlung mit Vitamin C. *Wien Med Wochenschr* 1957; 107:989-92.
- ²⁸ Miegl H. Ober die Anwendung von Vitamin C in der Hals-, Nasen-, Ohren-Heilkunde. *Wien Med Wochenschr* 1958; 108: 859-64.
- ²⁹ Bessel-Lorck C. Erkaltungsprophylaxe bei Jugendlichen im Skilager. *Med Welt* 1959; 44: 2126-7.
- ³⁰ Barnes FE. Vitamin supplements and the incidence of colds in high school basketball players. *NC Med J* 1961; 22: 22-6.
- ³¹ Ritzel G. Kritische Beurteilung des Vitamins C als Prophylacticum und Therapeuticum der Erkaltungskrankheiten. *Helv Med Acta* 1961; 28:63-8.
- ³² Shekhtman GA. On the significance of continuous addition of vitamin C to food in a military sector (Russisch). *Voennomed Zh* 1961; 3: 46-9.
- ³³ Dyllick H. Werkarztliche Erfahrungen mit Vitamin C. *Med Welt* 1967; 17:1098-100.
- ³⁴ Walker GH, Bynoe ML, Tyrrell DAJ. Trial of ascorbic acid in the prevention of colds. *Br Med J* 1967; i: 603-6.
- ³⁵ Banks HS. Controlled trials in the early antibiotic treatment of colds. *The Medical Officer* 1968; 70:7-10.
- ³⁶ General Practitioner Research Group. Ineffectiveness of vitamin C in treating coryza. *Practitioner* 1968; 200: 442-5.
- ³⁷ Regnier E. The administration of large doses of ascorbic acid in the prevention and treatment of the common cold. *Rev Allergy* 1968; 22: 948-56.
- ³⁸ Wilson CWM, Loh HS. Ascorbic acid and upper respiratory inflammation. *Acta Allergol* 1969; 24:367-70.
- ³⁹ Anderson TW, Reid DBW, Beaton GH. Vitamin C and the common cold: a double-blind trial. *Can Med Assoc J* 1972; 107: 503-8.
- ⁴⁰ Charleston SS, Clegg KM. Ascorbic acid and the common cold. *Lancet* 1972; i: 1401-2.
- ⁴¹ Liljefors I. Vitamin C vid forkylningssjukdom. *Lakartidningen* 1972; 69: 3304-5.
- ⁴² Masek J, Neradilova M, Hejda S. Vitamin C and respiratory infections. *Rev Czech Med* 1972; 18: 228-35.
- ⁴³ Schwartz AR, Togo Y, Hornick RB, Tominaga S, Gleckman RA. Evaluation of the efficacy of ascorbic acid in prophylaxis of induced rhinovirus 44 infection in man. *J Infect Dis* 1973; 128: 500-5.
- ⁴⁴ Wilson CWM, Loh HS. Common cold and vitamin C. *Lancet* 1973; i: 638-41.
- ⁴⁵ Wilson CWM, Loh HS, Foster FG. The beneficial effect of vitamin C on the common cold. *Eur J Clin Pharmacol* 1973; 6: 26-32.
- ⁴⁶ Wilson CWM, Loh HS, Foster FG. Common cold symptomatology and vitamin C. *Eur J Clin Pharmacol* 1973; 6: 196-202.
- ⁴⁷ Anderson TW, Suranyi G, Beaton GH. The effect on winter illness of large doses of vitamin C. *Can Med Assoc J* 1974; 111:31-6.
- ⁴⁸ Carson M, Corbett M, Cox H, Pollitt N. Vitamin C and the common cold. *Br Med J* 1974; i: 577.
- ⁴⁹ Coulehan JL, Reisinger KS, Rogers KD, Bradley DW. Vitamin C prophylaxis in a boarding school. *N Engl J Med* 1974; 290:6-10.
- ⁵⁰ Sabiston BH, Radomski NW. Health problems and vitamin C in Canadian Northern military operations: Downsview, Ontario Defence and Civil Institute of Environmental Medicine, 1974; report no 74-R-IOI2.
- ⁵¹ Anderson TW, Beaton GH, Corey PN, Spero L. Winter illness and vitamin C: the effect of a relatively low dose. *Can Med Assoc J* 1975; 112:823-6.
- ⁵² Clegg KM, MacDonald JM. L-Ascorbic acid and d-isoascorbic acid in a common cold survey. *Am J Clin Nutr* 1975; 28:973-6.
- ⁵³ Coulehan JL, Kapner L, Eberhard S. Vitamin C and upper respiratory illness in Navaho children: preliminary observations. *Ann NY Acad Sci* 1975; 258: 513-22.
- ⁵⁴ Karlowksi TR, Chalmers TC, Frenkel LD, Kapikian AZ, Lewis TL, Lynch JM. Ascorbic acid for the common cold. A prophylactic and therapeutic trial. *JAMA* 1975; 231:1038-42.
- ⁵⁵ Coulehan JL, Eberhard S, Kapner L, Taylor F, Rogers K, Garry P. Vitamin C and acute illness in Navajo schoolchildren. *N Engl J Med* 1976; 295: 973-7.
- ⁵⁶ Elwood PC, Lee HP, Leger ASS, McLean Baird I, Howard AN. A randomized controlled trial of vitamin C in the prevention and amelioration of the common cold. *Br J Prev Soc Med* 1976; 30: 193-6.
- ⁵⁷ Hejda S, Smola J, Masek J. Influence of physiological vitamin C allowances on the health status of miners. *Rev Czech Med* 1976; 22: 90-7.
- ⁵⁸ Asfora J. Vitamin C in high doses in the treatment of the common cold. *Int J Vitam Nutr Res* 1977; 16: 219-34.
- ⁵⁹ Elwood PC, Hughes SJ, Leger ASS. A randomized controlled trial of the effect of vitamin C in the common cold. *Practitioner* 1977; 218: 133-7.
- ⁶⁰ Gormly PJ. Megadose of ascorbic acid in an Antarctic expedition. *Br J Nutr* 1977; 37: 269-77.
- ⁶¹ Ludvigsson J, Hansson LO, Tibbling G. Vitamin C as a preventive medicine against colds in children. *Scand J Infect Dis* 1977; 9:91-8.
- ⁶² Miller JZ, Nance WE, Norton JA, Wolen RL, Griffith RS, Rose RJ. Therapeutic effect of vitamin C. A co-twin control study. *JAMA* 1977; 237: 248-51.
- ⁶³ Tyrrell DAJ, Craig JW, Meade TW, White T. A trial of ascorbic acid in the treatment of the common cold. *Br J Prev Soc Med* 1977; 31: 189-91.
- ⁶⁴ McLean Baird I, Hughes RE, Wilson HK, Davies JEW, Howard AN. The effects of ascorbic acid on the occurrence of symptoms normally associated with the common cold. *Am J Clin Nutr* 1979; 32: 1686-90.
- ⁶⁵ Pitt HA, Costrini AM. Vitamin C prophylaxis in marine recruits. *JAMA* 1979; 241: 908-11.
- ⁶⁶ Can AB, Einstein R, Lai LYC, Martin NG, Starmer GA. Vitamin C and the common cold. Using identical twins as controls. *Med J Aust* 1981; ii: 411-2.
- ⁶⁷ Carr AB, Einstein R, Lai LAC, Martin NG, Starmer GA. Vitamin C and the common cold: a second MZ Cotwin control study. *Acta Genet Med Gemellol (Roma)* 1981; 30: 249-55.
- ⁶⁸ Martin NG, Carr AB, Oakeshott JG, Clark P. Co-twin control studies: vitamin C and the common cold. *Prog Clin Biol Res* 1982; 103a: 365-73.
- ⁶⁹ Bancalari A, Seguel C, Neira F, Ruiz I, Calvo C. Valor profilactico de la vitamina C en infecciones respiratorias agudas del escolar. *Rev Med Chile* 1984; 112:871-6.
- ⁷⁰ Scheffler W. Ober die betriebsärztliche Prophylaxe der Grippe- und Erkaltungskrankheiten unter besonderer Berücksichtigung der Vitamin C-Verabreichung. Leipzig, 1966. Proefschrift.
- ⁷¹ Bibile SW. Vitamin C in the prophylaxis and treatment of the common cold. *Proc Ceylon Ass Adv Sci* 1966; 1: 9.
- ⁷² Elliot B. Ascorbic acid: efficacy in the prevention of symptoms of respiratory infection on a Polaris submarine. *International Research Communications System-Selection: Respiratory system* 1973; 5: 12.
- ⁷³ Kleijnen J, Riet G ter, Knipschild PG. Vitamine C en verkoudheid. Maastricht: Vakgroep Epidemiologie/Gezondheidszorgonderzoek Rijksuniversiteit Limburg, rapport 1988.

Aanvaard op 3 oktober 1988

References

1. Anonymous. Ascorbic acid and the common cold. Nutr Rev 1967;25:228-31.
2. Pauling L. Vitamin C and the common cold. San Francisco: Freeman, 1970.
3. Ketz HA Über die prophylaktische Wirkung des Vitamin C und den Vitamin-C-Bedarf des gesunden Erwachsenen. Zeitschrift fur Medizin 1970;25:414-7.
4. Dykes MHM, Meier P. Ascorbic acid and the common cold. Evaluation of its efficacy and toxicity. JAMA 1975;231:1073-9.
5. Chalmers TC. Effects of ascorbic acid on the common cold. An evaluation of the evidence. Am J Med 1975;58:532-6.
6. Wilson CWM. Colds, ascorbic acid metabolism, and vitamin C. J Clin Pharmacol Ther 1975; 15:570-8.
7. Pauling L. How to live longer and feel better. New York: Freeman, 1986.
8. Ruskin SL. Calcium cevitamate in the treatment of acute rhinitis. Ann Otol Rhinol Laryngol 1938;47:502-11.
9. Peters M. Zur Frage der resistenzsteigernden Wirkung prophylaktischer Dauermedikation von Vitamin C. Zeitschrift fur Kinderheilkunde 1940;61:179-83.
10. Ertel H. Der Verlauf der Vitamin-C-Prophylaxen im Fruhjahr 1941. Die Ernahrung 1941;6:269-73.
11. Cowan DW, Diehl HS, Baker AB. Vitamins for the prevention of colds. JAMA 1942;120:1268-71.
12. Ertel H. Über die Vitamin-C-Prophylaxen im Fruhjahr 1942. Die Ernahrung 1942;7:326-31.
13. Glazebrook AJ, Thomson S. The administration of vitamin C in a large institution and its effect on general health and resistance to infection. Journal of Hygiene 1942;42:1-19.
14. Oskam J. Onderzoek naar de waarde van vitamine C en chinine als prophylactica tegen "verkoudheidsziekten" [Dissertation]. Amsterdam, 1942.

15. Bergquist G. Om Profylaktiska medel mot s.k. forkylningssjukdomar. Svenska Lakartidningen 1943;40:2042-7.
16. Hopfengartner. C-Vitaminprophylaxe bei Sauglingen. Monatsschr Kinderheilkd 1943;92:330-4.
17. Dahlberg G, Engel A, Rydin H. The value of ascorbic acid as a prophylactic against common colds. Acta Med Scand 1944; 119:540-61.
18. Brown WMB, Mahoney F, Niedringhaus A, Locke A- Weather and susceptibility in relation to the spread of common cold; effect of ascorbic acid, in massive dosage, on duration. J Immunol 1945;50:161-79.
19. Cuendet O. Ernahrungs- und Vitaminfragen im Saas-Tal. Praxis 1949;38:378-86.
20. Scheunert A. Der Tagesbedarf des Erwachsenen an Vitamin C. Internationale Zeitschrift fur Vitaminforschung 1949;20:374-86.
21. Cowan DW, Diehl HS. Antihistaminic agents and ascorbic acid in the early treatment of the common cold. JAMA 1950; 143:421-4.
22. Bartley W, Krebs HA, O'Brien JRP. Vitamin C requirement of human adults. Medical Research Council Special Report Series 1953;no.280.
23. Woolstone AS. Treatment of the common cold. Br Med J 1954;i:1290.
24. Bendel A. Redoxon als Prophylaktikum bei Erkaltungskrankheiten. Ther Umsch Med Bibliograph 1955; 12:87-8.
25. Franz WL, Sands GW, Heyl HL, Hanover NH. Blood ascorbic acid level in bioflavonoid and ascorbic acid therapy of common cold. JAMA 1956; 162:1224-6.
26. Tebrock HE, Arminio JJ, Ossining NY, Johnston JH, Usefulness of bioflavonoids and ascorbic acid in treatments of common cold. JAMA 1956; 162:1227-33.
27. Mieg H. Der akute Infekt der oberen Luftwege und seine Behandlung mit Vitamin C. Wien Med Wochenschr 1957; 107:989-92.
28. Mieg H. Uber die Anwendung von Vitamin C in der Hals-, Nasen-, Ohren-Heilkunde. Wien Med Wochenschr 1958; 108:859-64.
29. Bessel-Lorck C. Erkaltungsprophylaxe bei Jugendlichen im Skilager. Medizinische Welt 1959;(44):2126-7.
30. Barnes FE. Vitamin supplements and the incidence of colds in high school basketball players. N C Med J 1961;22:22-6.
31. Ritzel G. Kritische Beurteilung des Vitamins C als Prophylacticum und Therapeuticum der Erkaltungskrankheiten. Helvetica Medica Acta 1961;28:63-8.
32. Shekhtman GA. On the significance of continuous addition of vitamin C to food in a military sector. Voennomed Zh 1961;3:46-9.
33. Dyllick H. WerkSrztlche Erfahrungen mit Vitamin C Medizinische Welt 1967;(17):1098-100.
34. Walker GH, Bynoe ML, Tyrell DAT. Trial of ascorbic acid in the prevention of colds. Br Med J 1967;i:603-6.
35. Banks HS. Controlled trials in the early antibiotic treatment of colds. The Medical Officer 1968;70:7-10.
36. General Practitioner Research Group. Ineffectiveness of vitamin C in treating coryza. Practitioner 1968;200:442-5.
37. Regnier E. The administration of large doses of ascorbic acid in the prevention and treatment of the common cold. Rev Allergy 1968;22:948-56.
38. Wilson CWM, Loh HS. Ascorbic acid and upper respiratory inflammation. Acta Allergol 1969;24:367-70.
39. Anderson TW, Reid DBW, Beaton GH. Vitamin C and the common cold: a double-blind trial. Can Med Assoc J 1972; 107:503-8.
40. Charleston SS, Clegg KM. Ascorbic acid and the common cold. Lancet 1972;i: 1401-2.
41. Liljefors I. Vitamin C vid ffrkyningssjukdom. Lakartidningen 1972;69:3304-5.
42. Masek J, Neradilova M, Hejda S. Vitamin C and respiratory infections. Rev Czech Med 1972; 18:228-35.
43. Schwartz AR, Togo Y, Hornick RB, Tominaga S, Gleckman RA Evaluation of the efficacy of ascorbic acid in prophylaxis of induced rhinovirus 44 infection in man. J Infect Dis 1973; 128:500-5.
44. Wilson CWM, Loh HS. Common cold and vitamin C. Lancet 1973;i:638-41.
45. Wilson CWM, Loh HS, Foster FG. The beneficial effect of vitamin C on the common cold. Eur J Clin Pharmacol 1973;6:26-32.
46. Wilson CWM, Loh HS, Foster FG. Common cold symptomatology and vitamin C. Eur J Clin Pharmacol 1973;6:196-202.

47. Anderson TW, Suranyi G, Beaton GH. The effect on winter illness of large doses of vitamin C. *Can Med Assoc J* 1974;iii:31-6.
48. Carson M, Corbett M, Cox H, Pollitt N. Vitamin C and the common cold. *Br Med J* 1974;i:577.
49. Coulehan JL, Reisinger KS, Rogers KD, Bradley DW. Vitamin C prophylaxis in a boarding school. *N Engl J Med* 1974;290:6-10.
50. Sabiston BH, Radomski NW. Health problems and vitamin C in Canadian Northern military operations. Downsview, Ontario: Defence and Civil Institute of Environmental Medicine, 1974:report no.74-R-1012.
51. Anderson TW, Beaton GH, Corey PN, Spero L. Winter illness and vitamin C: the effect of a relatively low dose. *Can Med Assoc J* 1975; 112:823-6.
52. Clegg KM, MacDonald JM. 1-Ascorbic acid and d-isoascorbic acid in a common cold survey. *Am J Clin Nutr* 1975;28:973-6.
53. Coulehan JL, Kapner L, Eberhard S. Vitamin C and upper respiratory illness in Navaho children: preliminary observations. *Ann N Y Acad Sci* 1975;258:513-22.
54. Karlowski TR, Chalmers TC, Frenkel LD, Kapikian AZ, Lewis TL, Lynch JM. Ascorbic acid for the common cold. A prophylactic and therapeutic trial. *JAMA* 1975 ;231:1038-42.
55. Coulehan JL, Eberhard S, Kapner L, Taylor F, Rogers K, Garry P. Vitamin C and acute illness in Navajo schoolchildren. *N Engl J Med* 1976;295:973-7.
56. Elwood PC, Lee HP, Leger ASS, McLean Baird I, Howard AN. A randomized controlled trial of vitamin C in the prevention and amelioration of the common cold. *Br J Prev Soc Med* 1976;30:193-6.
57. Hejda S, Smola J, Masek J. Influence of physiological vitamin C allowances on the health status of miners. *Rev Czech Med* 1976;22:90-7.
58. Asfora J. Vitamin C in high doses in the treatment of the common cold. *Int J Vitam Nutr Res* 1977;(16 suppl):219-34.
59. Elwood PC, Hughes SJ, Leger ASS. A randomized controlled trial of the effect of vitamin C in the common cold. *Practitioner* 1977;218:133-7.
60. Gormly PJ. Megadose of ascorbic acid in an Antarctic expedition. *Br J Nutr* 1977;37:269-77.
61. Ludvigsson J, Hansson LO, Tibbling G. Vitamin C as a preventive medicine against colds in children. *Scand J Infect Dis* 1977;9:91-8.
62. Miller JZ, Nance WE, Norton JA, Wolen RL, Griffith RS, Rose RJ. Therapeutic effect of vitamin C. A co-twin control study. *JAMA* 1977;237:248-51.
63. Tyrrell DAJ, Craig JW, Meade TW, White T. A trial of ascorbic acid in the treatment of the common cold. *Br J Prev Soc Med* 1977;31:189-91.
64. MacLean Baird I, Hughes RE, Wilson HK, Davies JEW, Howard AN. The effects of ascorbic acid on the occurrence of symptoms normally associated with the common cold. *Am J Clin Nutr* 1979;32:1686-90.
65. Pitt HA, Costrini AM. Vitamin C prophylaxis in marine recruits. *JAMA* 1979;241:908-11.
66. Carr AB, Einstein R, Lai LAC, Martin NG, Starmer GA. Vitamin C and the common cold. Using identical twins as controls. *Med J Aust* 1981;ii:411-2.
67. Carr AB, Einstein R, Lai LAC, Martin NG, Starmer GA. Vitamin C and the common cold: a second MZ Cotwin control study. *Acta Genet Med Gemellol (Roma)* 1981;30:249-55.
68. Martin NG, Carr AB, Oakeshott JG, Clark P. Co-twin control studies: vitamin C and the common cold. *Prog Clin Biol Res* 1982;103a:365-73.
69. Bancalari A, Seguel C, Neira F, Ruiz I, Calvo C. Valor profilactico de la vitamina C en infecciones respiratorias agudas del escolar. *Rev Med Chile* 1984; 112:871-6.
70. Scheffler W. Über die betriebsärztliche Prophylaxe der Grippe- und Erkältungskrankheiten unter besonderer Berücksichtigung der Vitamin-C-Verabreichung [Dissertation]. Leipzig, 1966.
71. Bibile SW. Vitamin C in the prophylaxis and treatment of the common cold. *Proceedings of the Ceylon Association of Advanced Science* 1966;1(9):7.
72. Elliot B. Ascorbic acid: efficacy in the prevention of symptoms of respiratory infection on a polaris submarine. *International Research Communications System: Respiratory System* 1973;(5):12.
73. Kleijnen J, Riet ter G, Knipschild PG. Vitamine C en verkoudheid [Report]. Maastricht: Department of Epidemiology/Health Care Research, University of Limburg, 1988.