
SECTION B. UPPER RESPIRATORY INFECTIONS

42. THE COMMON COLD

JACK M. GWALTNEY, Jr.

TREATMENT

nasal secretions.⁴¹ Until truly effective and specific treatment becomes available, there will continue to be fads in the use of unproven cold remedies. The ingestion of large doses of vitamin C has been widely used as a preventive or therapeutic measure for colds. In some instances, controlled studies have shown a modest beneficial effect of vitamin C for colds. However, a careful analysis of the studies has indicated that a placebo effect could not be ruled out. Many participants correctly surmised from the taste of the contents of the capsules used whether they were receiving vitamin C or a placebo.⁴² In volunteers experimentally infected with rhinovirus, vitamin C in doses of 3 g/day was not effective in preventing infection and illness.^{43,44}

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