

The use of megadoses of vitamin C to prevent the common upper respiratory diseases remains an unproven claim.¹⁸⁹ Fourteen studies have been reviewed of which eight were considered acceptable.^{190, 191} 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).¹⁹² 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

189. Pauling, L.: Vitamin C and the Common Cold. San Francisco, W.H. Freeman and Company, 1970.
190. Chalmers, T.C.: *Am. J. Med.*, 55:532-536, 1975.

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