

## Vitamin C in the News

The Vitamin C Foundation monitors research and news reports from around the world concerning vitamin C - ascorbic acid. We have been surprised by the number and frequency of recent positive reports. The links to the following sample of these reports can be found from our main web page, [vitaminCFoundation.org](http://vitaminCFoundation.org)

### **Researchers Stop Diabetes Damage with High C**

*OKLAHOMA CITY --Researchers at the Harold Hamm Oklahoma Diabetes Center have found a way to stop the damage caused by Type 1 diabetes with the combination of insulin and a common vitamin found in most medicine cabinets. While neither therapy produced desired results when used alone, the combination of insulin to control blood sugar together with the use of Vitamin C, stopped blood vessel damage caused by the disease in patients with poor glucose control. The findings appear this week in the Journal of Clinical Endocrinology and Metabolism and will be presented at the upcoming American Diabetes Association international conference in New Orleans.*

*"We had tested this theory on research models, but this is the first time anyone has shown the therapy's effectiveness in people," said Michael Ihnat, Ph.D., principal investigator and a pharmacologist at the OU College of Medicine Department of Cell Biology.*

Full story:

[http://www.normantranscript.com/localnews/local\\_story\\_156013353](http://www.normantranscript.com/localnews/local_story_156013353)

### **Men Who Take Vitamin C Supplements are Less Likely to Develop Gout**

*Researchers at the University of British Columbia, in Vancouver, Canada, found that men with higher intakes of vitamin C were less likely to develop the condition than men with lower levels. The research is based on almost 47,000 men who completed questionnaires on diet and vitamin C intake between 1986 and 2006. During 20 years of follow-up, 1,317 men developed gout.*

*Men who consumed between 500 milligrams and 999 milligrams of vitamin C a day had a 17 per cent lower risk of developing gout than those who consumed less than 250 milligrams a day. For every 500-milligram increase in their vitamin C intake, men's risk for gout appeared to decrease by 17 per cent. Compared with men who did not take vitamin C supplements, those who took 1,000 to 1,499 supplemental milligrams per day had a 34 per cent lower risk of gout and those who took 1,500 supplemental milligrams per day had a 45 per cent lower risk.*

Full story:

<http://www.telegraph.co.uk/health/healthnews/4961694/Men-who-take-vitamin-C-supplements-are-less-likely-to-develop-gout.html>

### **Low Vitamin A, C & E Increases Asthma Risk**

*(HealthDay News) -- People who don't get enough of the antioxidant vitamins A and C in their diet may be at increased risk for asthma, British researchers say. The pooled results of 40 studies conducted between 1980 and 2007 showed that people with asthma had a significantly lower dietary intake of vitamin A than those without the disease. The average intake among those with asthma was 182 micrograms a day, which is between a quarter and a third of recommended daily intake.*

*The review authors also found that people with severe asthma had a significantly lower intake of vitamin C (about half the recommended daily intake) than those with mild asthma. In addition, low circulating levels of vitamin C in the blood and lower dietary intake of foods containing vitamin C were associated with a 12 percent increased risk of asthma.*

Full story:

<http://www.forbes.com/feeds/hscout/2009/04/16/hscout626091.html>

### **Higher Plasma Vitamin C Levels Linked with Lower Diabetes Risk**

*In the July 28, 2008 issue of the American Medical Association journal [Archives of Internal Medicine](#), researchers at Addenbrooke's Hospital and the University of Cambridge in England report an association between higher plasma vitamin C levels in middle-aged adults and a lower risk of developing type 2 diabetes.*

*The study included 21,831 healthy, nondiabetic participants in the European Prospective Investigation of Cancer-Norfolk study, which was created to examine the association between diet and cancer. Vitamin C levels were measured in plasma, and food frequency questionnaires were administered upon enrollment between 1993 and 1997. Over a twelve year follow-up period, 423 men and 312 women developed diabetes.*

*Analysis of the data revealed a strong protective effect of high vitamin C levels against diabetes. Participants in the top 20 percent of plasma vitamin C had a 62 percent lower adjusted risk of developing diabetes compared with those in the lowest fifth. Fruit and vegetable intake also emerged as protective. Those whose intake was in the top fifth had a 22 percent lower diabetes risk than subjects whose intake was lowest.*

*To the authors' knowledge, the study is the first to examine the association of plasma vitamin C and the development of diabetes. The findings suggest that suboptimal levels of vitamin C are present before the onset of the disease.*

Full story:

[http://www.lef.org/newsletter/2008/0801\\_Higher-Plasma-Vitamin-C-Levels-Linked-with-lower-](http://www.lef.org/newsletter/2008/0801_Higher-Plasma-Vitamin-C-Levels-Linked-with-lower-)

diabetes-risk.htm?source=eNewsLetter2008Wk31-2&key=Archive

### **Vitamin C Stops the Growth of Cancerous Tumors in Mice**

*The study was lead by Chi Dang, M.D., Ph.D., professor of medicine and oncology and Johns Hopkins Family Professor in Oncology Research. Their work is detailed in Cancer Cell, Volume 12, Issue 3, 230-238, 11 September, 2007. They found that the antioxidants' actual role may be to destabilize a tumor's ability to grow under conditions where there isn't enough oxygen to feed it.*

Full story:

<http://www.naturalnews.com/026262.html>

### **Vitamin C has Crucial Anti-aging Properties: Study**

*Allahabad (PTI): Acknowledged as a nutrient vital for a robust immune system, Vitamin C may also be crucial for slowing down the human body's aging process, says a study. The study published in the latest edition of the American journal "Rejuvenation Research" has underscored a protective mechanism in the human body aimed at maintaining the level of ascorbic acid (chemical name for Vitamin C) in blood plasma, which invariably keeps falling with age. "Studies in the last 50 years have identified oxidative stress, a condition marked by increasing damage to the immune system from molecules known as free radicals, as one of the main reasons for the process of aging," Prof Syed Ibrahim Rizvi, the lead researcher of the paper, told PTI.*

Full story:

<http://www.hindu.com/thehindu/holnus/099200906131021.htm>

### **Vitamin C Improves Dark Circles**

*YOKOHAMA, Japan—Japanese researchers found vitamin C may improve dark circles of the lower eyelid (DCLE) by thickening the eyelid dermis and concealing dark coloration due to congested blood ([Skin Res Technol. 2009;15\(2\):214-17](#)[Skin Res Technol. 2009;15\(2\):214-17](#)).*

Full story:

[http://www.insidecosmeceuticals.com/hot\\_news/vitamin-c-may-improve-dark-circles.html](http://www.insidecosmeceuticals.com/hot_news/vitamin-c-may-improve-dark-circles.html)

### **Vitamin C and Blood Pressure Linked**

*A study published in the Nutrition Journal found that young women who take in the most vitamin C have the healthiest blood pressure stats. The study followed 242 women between 18 and 21 years old for a ten year period. At the conclusion of the study, researchers found that the blood pressure of women with the highest levels of vitamin C was an average of four points lower than women with the*

*least amount of vitamin C.*

Full story:

[http://www.chinadaily.com.cn/life/2009-05/12/content\\_7769281.htm](http://www.chinadaily.com.cn/life/2009-05/12/content_7769281.htm)

### ***Mega-C Reduced Colds/Flu 85% (clinical study)***

**The effectiveness of vitamin C in preventing and relieving the symptoms of virus-induced respiratory infections.**

RESULTS: Overall, reported flu and cold symptoms in the test group decreased 85% compared with the control group after the administration of megadose Vitamin C.

CONCLUSION: Vitamin C in megadoses administered before or after the appearance of cold and flu symptoms relieved and prevented the symptoms in the test population compared with the control group.

Abstract:

[http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&orig\\_db=PubMed&term=The%20effectiveness%20of%20vitamin%20C%20in%20preventing%20and%20relieving%20the%20symptoms%20of%20virus-induced%20respiratory%20infection&cmd=search&cmd\\_current](http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&orig_db=PubMed&term=The%20effectiveness%20of%20vitamin%20C%20in%20preventing%20and%20relieving%20the%20symptoms%20of%20virus-induced%20respiratory%20infection&cmd=search&cmd_current)

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The Vitamin C Foundation

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