



THE HEALTH SUPPLEMENTS INFORMATION SERVICE REAFFIRMS THE BENEFITS OF VITAMIN C SUPPLEMENTATION

In response to a Cochrane review ¹ set to be published on 17th July 2007, regarding vitamin C and protection against colds, the Health Supplements Information Service (HSIS) would like to make the following comment:

Pamela Mason, spokesperson for HSIS notes: “First of all it is vital to point out that vitamin C is an essential vitamin which is vital for wound healing and the absorption of iron from plant foods. In addition, Vitamin C is an antioxidant and as a result, is vital for the health of every cell in the body, especially for the health of the blood vessels, gums, teeth and bones and joints. Vitamin C also plays a role in our respiratory defense mechanisms.”

“It is also important to note that among British adults surveyed in the National Diet and Nutrition Survey of 2003, **21% had intakes of vitamin C below the Reference Nutrient Intake**. Though food is the ideal way to increase the intake of all vitamins, including vitamin C, some people do not seem to be able to achieve this, and a supplement can help to bridge this nutritional gap.”

“This review is the second update of a previous Cochrane review on vitamin C and cold protection that concluded essentially the same thing.² As a result, this latest review really says nothing that is new. Moreover it is important to note that this review shows benefit of vitamin C supplementation in relation to cold prevention in some groups of the population. People such as marathon runners, skiers and soldiers on sub-arctic exercises, in other words, people subject to high physiological stress were **50% less likely to catch a cold if they took a daily dose of vitamin C.**”

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¹ Douglas RM et al. Vitamin C for preventing and treating the common cold (review). Cochrane database of Systematic Reviews 2007, Issue 3

² Douglas RM et al. Vitamin C for preventing and treating the common cold (review). Cochrane database of Systematic Reviews 2004, Issue 4