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## Debunking Medical Myths: Does A Daily Dose Of Vitamin C Prevent The Common Cold?

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# DOES A DAILY DOSE OF VITAMIN C PREVENT THE COMMON COLD?

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Brar, S., Cowen, G., Goldbaum, A., Kim, A., Sabinash, C., and Salami, K.

## • TO SUPPLEMENT OR TO NOT?

Data from several randomized control trials did not find that taking a vitamin C supplement reduces the rates of the common cold.<sup>1-3</sup>

## • WHAT IS VITAMIN C

A nutrient that plays a role in controlling infections and healing injuries. It is a powerful antioxidant that can neutralize harmful free radicals.<sup>2</sup>

## • WHAT TO DO TO PREVENT A COLD?

While research does not support the need for a vitamin C supplement, data still shows that consuming enough every day is essential for a healthy immune system. Therefore, ensure you get your daily dose of vitamin C from fruits and vegetables!<sup>2</sup>

## • A VITAMIN-C-RICH DIET MAY REDUCE COLD SEVERITY

Healthy levels of vitamin C have been associated with reductions in cold severity and duration.<sup>3</sup> So once again, don't give up on dietary Vitamin-C! Just understand that vitamin C supplements do not prevent a cold from occurring in the first place.

## SOURCES

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