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**FOR IMMEDIATE RELEASE**

**Orthomolecular Medicine News Service, Mar 22, 2020**

## **Published Research and Articles on Vitamin C as a Consideration for Pneumonia, Lung Infections, and the Novel Coronavirus (SARS- CoV-2/COVID-19)**

**by Graham Player, PhD, Andrew W. Saul, Damien  
Downing, MBBS, MRSB and Gert Schuitemaker, PhD**

(OMNS Mar 22, 2020) In 1936 Gander and Niederberger found that vitamin C lowered fever and reduced pain in pneumonia patients. Also in 1936, Hochwald independently reported similar results. In 1946 Slotkin further reported that "Vitamin C has been used routinely by the general surgeons in the Millard Fillmore Hospital, Buffalo, as a prophylactic against pneumonia, with complete disappearance of this complication."

It is one thing to be sick from a virus and another thing entirely to die from a viral-instigated disease. A 1994 randomised double-blind trial involving vitamin C/placebo supplementation was conducted on 57 elderly patients admitted to hospital with acute respiratory infections (bronchitis and bronchopneumonia). Using a clinical scoring system based on major symptoms of the respiratory

condition, patients supplemented with the vitamin fared significantly better than those on placebo. This was particularly the case for those commencing the trial most severely ill, many of whom had very low plasma and white cell vitamin C concentrations on admission.

Vitamin C supports your immune system. Vitamin C helps to kill viruses and reduces the symptoms of infection. It's not a COVID-19 "cure," but nothing is. It might just save your life, though, and will definitely reduce the severity of the infection. If someone tells you it's not proven, consider two things:

- Nothing is proven to work against COVID-19, because it is a new virus
- Vitamin C has worked against every single virus including influenzas, pneumonia, and even poliomyelitis.

In the medical literature, there are more than 64,000 published articles and studies on Vitamin C available at The U.S. National Library of Medicine National Center for Biotechnology Information. Vitamin C is arguably one of the most researched substances in existence. Much of the research is very positive. Ignorance of the research, benefits and use of Vitamin C is not a valid excuse for it not to be used as a therapy, particularly when there are no other known medications available, and it is not likely to cause damage, and the published research is readily accessible for everybody.

Following is a brief selection of articles and research from the medical literature that are educational and helpful in considering the use of Vitamin C.

<b>Article Title</b>	<b>Link (All Links Accessed and Active March 19, 2020)</b>
Vitamin C may affect lung infections	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2099400/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2099400/</a>
Vitamin C for preventing and treating pneumonia	<a href="https://www.ncbi.nlm.nih.gov/pubmed/23925826">https://www.ncbi.nlm.nih.gov/pubmed/23925826</a>
Vitamin C and Infections	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5409678/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5409678/</a>
Vitamin C Can Shorten the Length of Stay in the ICU: A Meta-Analysis.	<a href="https://www.ncbi.nlm.nih.gov/pubmed/30934660">https://www.ncbi.nlm.nih.gov/pubmed/30934660</a>
Combined vitamin C, hydrocortisone, and thiamine therapy for patients with severe pneumonia	<a href="https://www.ncbi.nlm.nih.gov/pubmed/30029205">https://www.ncbi.nlm.nih.gov/pubmed/30029205</a>
Vitamin C and acute respiratory infections.	<a href="https://www.ncbi.nlm.nih.gov/pubmed/10488881">https://www.ncbi.nlm.nih.gov/pubmed/10488881</a>
Vitamin C supplementation and respiratory infections: a systematic review.	<a href="https://www.ncbi.nlm.nih.gov/pubmed/15605943">https://www.ncbi.nlm.nih.gov/pubmed/15605943</a>
Is Vitamin C Beneficial to Patients with CAP?	<a href="https://www.ncbi.nlm.nih.gov/pubmed/27363830">https://www.ncbi.nlm.nih.gov/pubmed/27363830</a>
Vitamin C, the Miracle Cure: 60 Minutes Living Proof	<a href="https://youtu.be/xxWCNnrIRo">https://youtu.be/xxWCNnrIRo</a>
Vitamin C, respiratory infections and the immune system	<a href="https://www.cell.com/trends/immunology/comments/S1471-4906(03)00286-2">https://www.cell.com/trends/immunology/comments/S1471-4906(03)00286-2</a>
Vitamin C and Community-acquired Pneumonia	<a href="https://www.atsjournals.org/doi/full/10.1164/ajrcem.184.5.621a">https://www.atsjournals.org/doi/full/10.1164/ajrcem.184.5.621a</a>
Vitamin C and pneumonia and other severe infections	<a href="https://www.mv.helsinki.fi/home/hemila/VitC_pneumonia.htm">https://www.mv.helsinki.fi/home/hemila/VitC_pneumonia.htm</a>
Vitamin C and SARS coronavirus	<a href="https://academic.oup.com/jac/article/52/6/1049/731701">https://academic.oup.com/jac/article/52/6/1049/731701</a>
Could Vitamin C be the Cure for Deadly Infections?	<a href="https://www.smithsonianmag.com/science-nature/could-deadly-infections-be-cured-vitamin-c-180963843/">https://www.smithsonianmag.com/science-nature/could-deadly-infections-be-cured-vitamin-c-180963843/</a>

High-dose Intravenous Vitamin C as a Successful Treatment of Viral Infections	<a href="https://riordanclinic.org/2014/02/high-dose-intravenous-vitamin-c-as-a-successful-treatment-of-viral-infections/">https://riordanclinic.org/2014/02/high-dose-intravenous-vitamin-c-as-a-successful-treatment-of-viral-infections/</a>
Mitochondria and the Coronavirus - The Vitamin C Connection	<a href="https://www.evolutamente.it/mitochondria-the-coronavirus-the-vitamin-c-connection-part-3/">https://www.evolutamente.it/mitochondria-the-coronavirus-the-vitamin-c-connection-part-3/</a>
Chinese Medical Team Reports Successful Treatment of Coronavirus Patients with High-Dose Vitamin C	<a href="https://www.dr-rath-foundation.org/2020/03/chinese-medical-team-report-successful-treatment-of-coronavirus-patients-with-high-dose-vitamin-c/">https://www.dr-rath-foundation.org/2020/03/chinese-medical-team-report-successful-treatment-of-coronavirus-patients-with-high-dose-vitamin-c/</a>
Intravenous vitamin C as adjunctive therapy for enterovirus/rhinovirus induced acute respiratory distress syndrome	<a href="https://www.ncbi.nlm.nih.gov/pubmed/28224112">https://www.ncbi.nlm.nih.gov/pubmed/28224112</a>
Gander J, Niederberger W (1936) Vitamin C in der Pneumonia Behandlung [Vitamin C in the treatment of pneumonia]. Münch Med Wschr 83:2074-7	<a href="https://www.mv.helsinki.fi/home/hemila/T1.pdf">https://www.mv.helsinki.fi/home/hemila/T1.pdf</a> or <a href="https://pdfs.semanticscholar.org/7b37/490dfcdc7a98ba7e3bd744a15886873701db.pdf">https://pdfs.semanticscholar.org/7b37/490dfcdc7a98ba7e3bd744a15886873701db.pdf</a>
Can Vitamin C Prevent and Treat Coronavirus?	<a href="https://www.medicinenet.com/script/main/art.asp?articlekey=228745">https://www.medicinenet.com/script/main/art.asp?articlekey=228745</a>
How to Use Vitamin C During Illness	<a href="http://www.doctoryourself.com/cathcart_C_summary.html">http://www.doctoryourself.com/cathcart_C_summary.html</a>
Shanghai Government Officially Recommends Vitamin C for COVID-19	<a href="http://orthomolecular.org/resources/omns/v16n16.shtml">http://orthomolecular.org/resources/omns/v16n16.shtml</a>
Vitamin C Infusion for the Treatment of Severe 2019-nCoV Infected Pneumonia	<a href="https://clinicaltrials.gov/ct2/show/NCT04264533">https://clinicaltrials.gov/ct2/show/NCT04264533</a>
Vitamin C and COVID-19 Coronavirus	<a href="http://orthomolecular.org/resources/omns/v16n14.shtml">http://orthomolecular.org/resources/omns/v16n14.shtml</a>
Three Intravenous Vitamin C Research Studies Approved for Treating COVID-19	<a href="http://orthomolecular.org/resources/omns/v16n12.shtml">http://orthomolecular.org/resources/omns/v16n12.shtml</a>
Early Large Dose Intravenous Vitamin C is the Treatment of Choice for 2019-nCov Pneumonia	<a href="http://orthomolecular.org/resources/omns/v16n11.shtml">http://orthomolecular.org/resources/omns/v16n11.shtml</a>
Vitamin C and its Application to the Treatment of nCoV Coronavirus	<a href="http://orthomolecular.org/resources/omns/v16n09.shtml">http://orthomolecular.org/resources/omns/v16n09.shtml</a>
Hospital-based Intravenous Vitamin C Treatment for Coronavirus and Related Illnesses	<a href="http://orthomolecular.org/resources/omns/v16n07.shtml">http://orthomolecular.org/resources/omns/v16n07.shtml</a>
Vitamin C Protects Against Coronavirus	<a href="http://orthomolecular.org/resources/omns/v16n04.shtml">http://orthomolecular.org/resources/omns/v16n04.shtml</a>

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