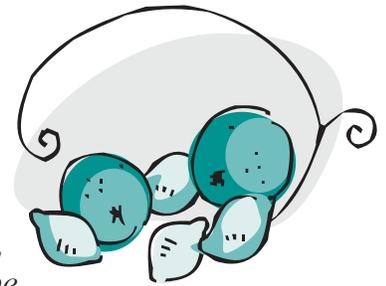


Vitamin C

You're NOT Getting Enough

Current RDA Level Questioned



Were the government studies used to set the RDA standard for vitamin C flawed? Dr. Steve Hickey thinks so and that error could be affecting your health in terms of increased cataracts, arthritis, heart disease, cancer and death. In Hickey's book, *Ascorbate: The Science of Vitamin C*, the biophysicist recommends, "A normal healthy individual might look for a 500 mg vitamin C tablet and take it with every meal", quite different from the current RDA of 75 mg for men, 90 mg for women.

What went wrong? The original studies were done on 7 and 15 participants, hardly enough to represent 280 million Americans statistically. The critical flaw, however, involves the half-life of vitamin C, which is 30 minutes, the time it takes to disappear from human tissue. In the study, researchers gave a single large dose of vitamin C and took measurements 12 hours—that's 24 half-lives—later! "To be blunt," says Dr. Hickey, "The National Institute of Health (NIH) gave a dose of vitamin C, waited until it had been excreted and then measured blood levels." In fairness, the researcher recommended larger studies be done but the government chose not to do them. Hickey believes that *95% of the population can assume that they are not getting enough vitamin C!*

As an illustration, Hickey uses cats and dogs, who make their own vitamin C. Based on what a dog makes, if he was the size of 160 pound human, the dog would need 2500 mg of C a day. Scurvy, which is a vitamin C deficiency disease, has increased in incidence from 5% to 20% over the past 20 years. Hickey suggests that the government should be looking at the thousands of studies that show more vitamin C is better than less. Linus Pauling, well known for advocating high dose vitamin C, took 13 grams each morning himself and lived to be 97, despite a diagnosis of cancer. Furthermore, a 500 mg dose taken 4-5 times a day could reduce cardiovascular disease by 55%, the leading killer in the U.S., according to Hickey. I don't know about you, but it's enough evidence for me to take more C!

For more information on the vitamin C controversy, along with cited studies, visit www.drpasswater.com. As director of research for the Selenium Nutritional Research Center in Berlin, Maryland, Dr. Passwater has written more than 400 articles and 40 books on nutrition.

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