

VITAMIN C

NATURE'S FLU SHOT

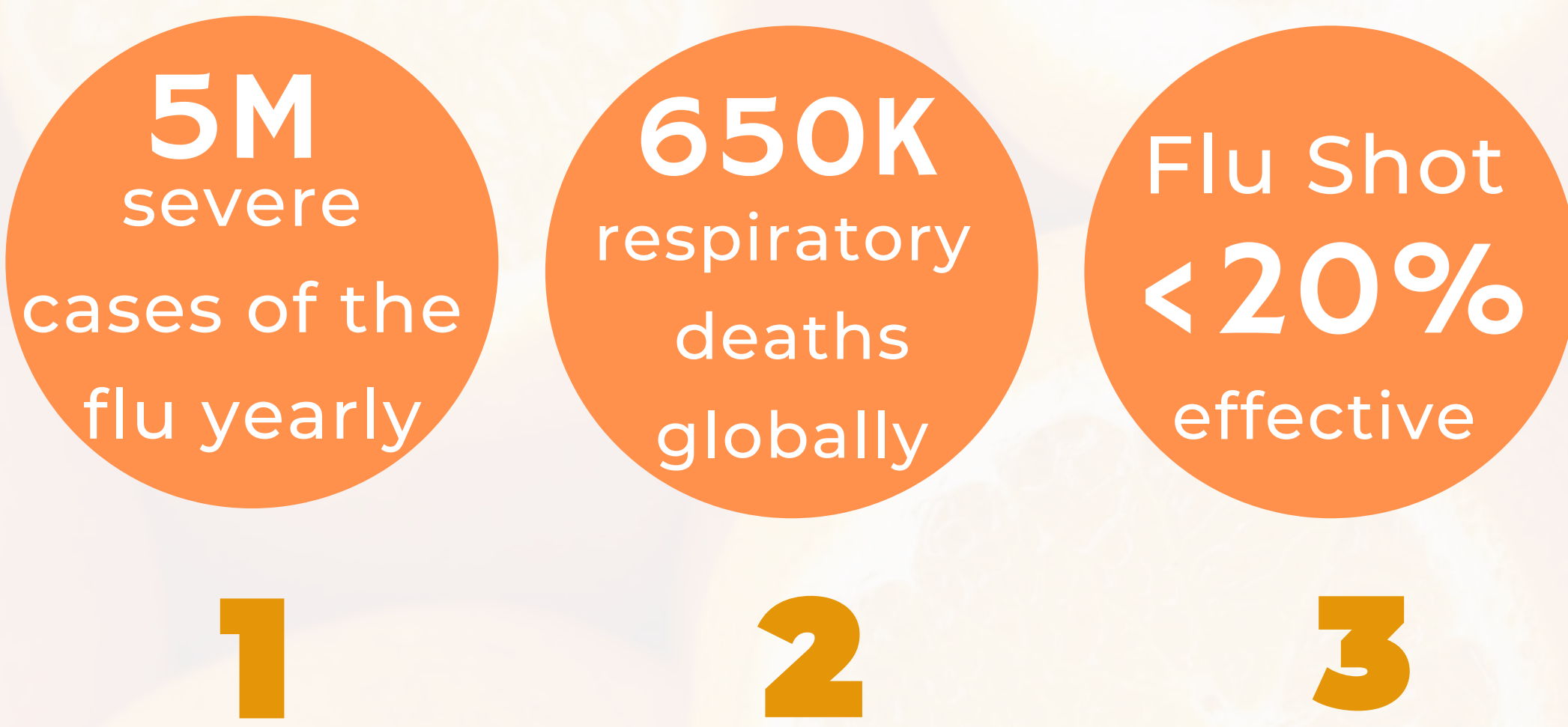
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ABSTRACT: Can Vitamin C prevent and treat the flu?

Annually, millions of people heed the multiple flu warnings and flock to walk-in-clinics and hospitals to get their flu shot. However, many will still end up contracting the flu altogether. Consuming high doses of vitamin C are a low-cost, proven means of both preventing and treating influenza by enhancing overall immune function. With new strains of influenza arising each year and with the flu shot becoming increasingly ineffective, vitamin C needs to be implemented into our diets via oral or inhalational supplementation and used as a means of resistance.

THE NEED FOR A FLU SHOT

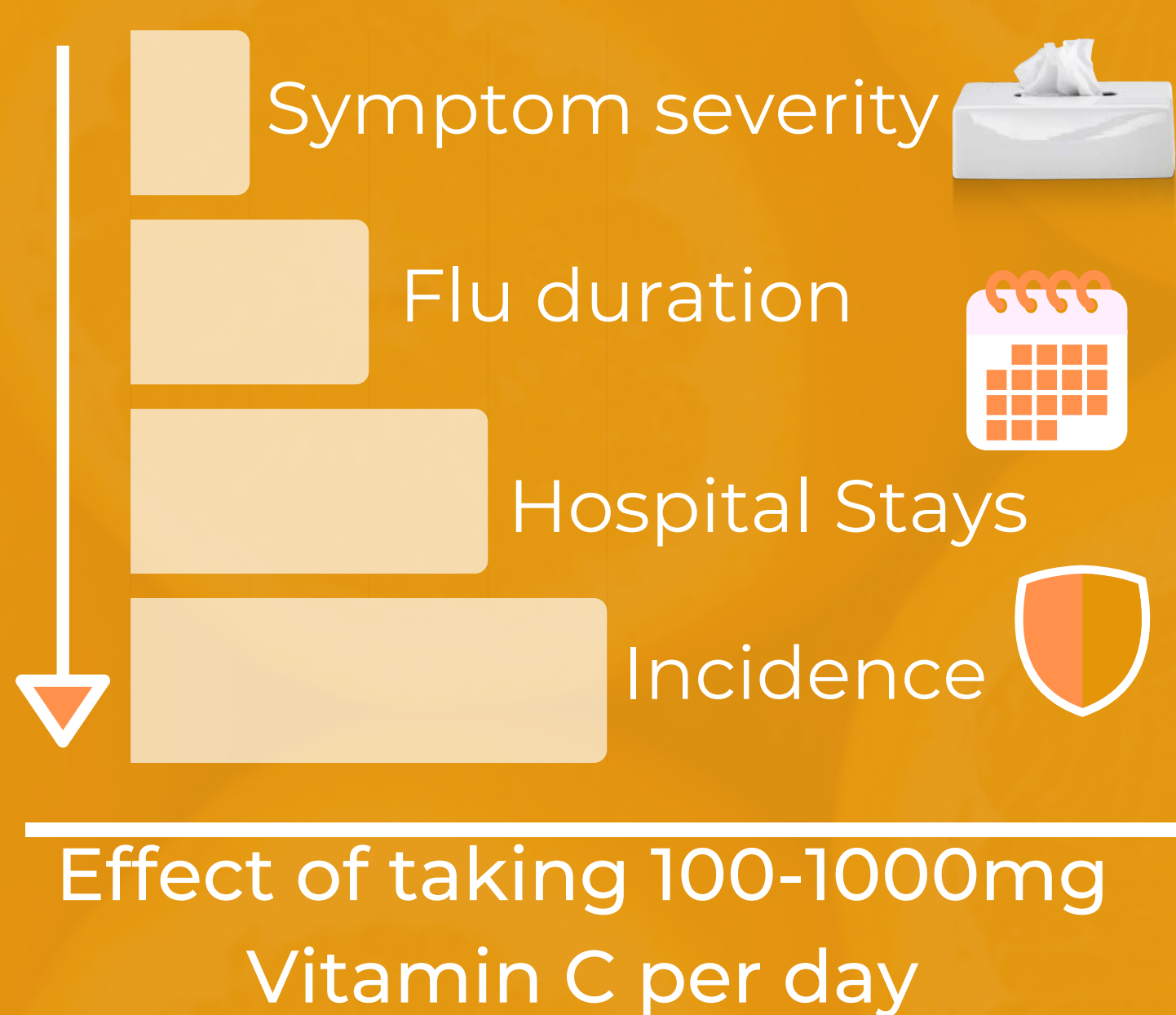
ALTERNATIVE: Vitamin C 



METHODS

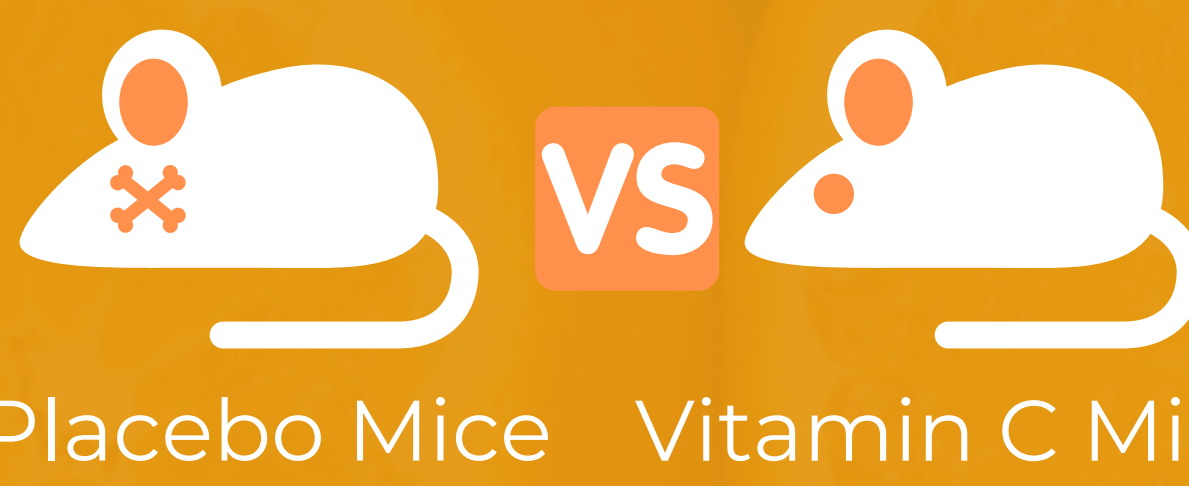
- 6 studies: subjects taking 100-1000 mg Vitamin C daily during the flu
- Students taking 1000 mg of Vitamin C during the flu
- 3 studies: mice taking Vitamin C before/during/after the flu
- Several studies of Vitamin C on immune function

RESULTS:



Vitamin C Deficient Mice

After being exposed to the flu, all mice taking vitamin C survived but the mice taking placebos died within one week.



Students taking over 1000 mg of vitamin C reported a whopping:

85% reduction in cold and flu symptoms



...while students taking over-the-counter drugs reported the presence of flu symptoms.

VITAMIN C & IMMUNE FUNCTION

- Immune cells have concentrated levels of vitamin C in their storage sites
- Upon infection, these sites become depleted showing that vitamin C is essential to recovery
- Thus, giving the body an increased dose of vitamin C (i.e. >1000 mg) before, during and after infection with the flu will strengthen the immune system and prevent or treat the flu

THE FUTURE OF VITAMIN C...



>1000 MG ORAL DOSES

for general immune function



INHALATIONAL SUPPLEMENTS

for better absorption



INTRAVENOUS SUPPLEMENTS

for concentrated doses