

High Doses of Vitamin C Used to Prevent and Treat Coronavirus Infections in China

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As reported by *Orthomolecular Medicine News Service* on Mar. 3, 2020, the government of Shanghai in China announced that it is recommending that coronavirus disease 2019 (COVID-19) be treated with high amounts of intravenous vitamin C, with dosage recommendations varying from 50 to 200 milligrams per kilogram of body weight to up to 200 mg per kg per day.^{1,2}

“These dosages are approximately 4,000 to 16,000 mg for an adult, administered by IV,” said Atsuo Yanagisawa, MD, PhD, who is president of the Tokyo-based Japanese College of Intravenous Therapy in Tokyo, Japan. “This specific method of administration is important because vitamin C’s effect is at least ten times more powerful by IV than if taken orally.”^{1,2}

The official backing for vitamin C therapy for COVID-19 by the Shanghai government follows several small independent studies and at least three clinical trials reporting successful treatment of coronavirus patients with vitamin C,^{1,2,3,4,5,6,7} including one at Xi’an Jiaotong

University Second Hospital. According to a statement released by the hospital:

On the afternoon of February 20, 2020, another 4 patients with severe new coronaviral pneumonia recovered from the C10 West Ward of Tongji Hospital. In the past eight patients have been discharged from hospital... [H]igh-dose vitamin C achieved good results in clinical applications. We believe that for patients with severe neonatal pneumonia and critically ill patients, vitamin C treatment should be initiated as soon as possible after admission... [E]arly application of large doses of vitamin C can have a strong antioxidant effect, reduce inflammatory responses, and improve endothelial function. . . Numerous studies have shown that the dose of vitamin C has a lot to do with the effect of treatment. . . [H]igh-dose vitamin C can not only improve antiviral levels, but more importantly, can prevent and treat acute lung injury (ALI) and acute respiratory distress (ARDS).”^{1 2}

The associate director for the clinical trials, Richard Cheng, MD, PhD of the United States, has been working closely with medical and governmental authorities in China to encourage Chinese hospitals to implement vitamin C therapy—through both high oral doses and by IV.^{1 2}

Dr. Cheng said, “Vitamin C is very promising for prevention, and especially important to treat dying patients when there is no better treatment. Over 2,000 people have died of the COIV-19 outbreak and yet I have not seen or heard large dose intravenous vitamin C being used in any of the cases. The current sole focus on vaccine and specific antiviral drugs for epidemics is misplaced.”²

The use of vitamin C is also supported by the Shanghai Medical Association (SMA). Based on a clinical study involving more than 300 patients, the SMA is recommending high doses of vitamin C even for light infections of coronavirus. The SMA’s ‘Shanghai Plan’ calls for 50 to 100 mg per kg of bodyweight per day to as much as 200 mg per kg via IV for critically ill patients.⁸

“We need to broadcast a message worldwide very quickly,” urged Dr. Cheng. “Vitamin C (small or large dose) does no harm to people and is the one of the few, if not the only, agent that has a chance to prevent us from getting, and can treat, COVID-19 infection”²

References:

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