

EDUCATIONAL HANDOUT VITAMIN C

Vitamin C is essential for our immune system and plays a profound role in heart and brain functions. Many environmental factors deplete our body's supply of vitamin C, including food we eat, smoking, alcohol, caffeine, and air pollutants. Digestive issues also inhibit the body's ability to absorb vitamin C including acidic stomach, malabsorption, and candida. When you increase vitamin C by eating more citrus fruits, and vegetables, or by taking oral supplements, there is a limit to how much the body can absorb. Vitamin C helps the body recover from inflammation, thrombosis, and restricted blood flow caused by lack of oxygen. One way to ensure adequate vitamin C is to have an intravenous (IV) therapy.

Dr. Linus Pauling, two time Nobel Prize winner, has implemented research with vitamin C in cancer patients with promising results. Dr. Thomas Levy has used vitamin C in infectious cases and leukemia with impressive results. Dr. Riordon identified that vitamin C stimulates a healthy immune system with promising outcome for cancer patients.

Side Effects:

- Infiltration at intravenous site.
- Pain at injection site: if develops notify provider so rate can be adjusted and warmth applied.
- Shaking: due to low calcium or magnesium. An additional 1.0 ml MgCl added to the IVC will usually resolve this. If severe, it can be treated with an IV push of 10 ml of calcium gluconate, 1.0 ml per minute.
- Hemolysis can occur in patients with G6PD deficiency (Mediterranean decent).
- Although it has been reported only once in literature, tumor necrosis, hemorrhage and subsequent death for cancer patients.

Diabetic patients may not be able to rely on finger stick blood sugar for 8 hours.

Vitamin C does not interfere with conventional cancer therapy, such as surgery, chemotherapy and radiation therapy.

Recommendations: Eating before IVC infusion is recommended to help reduce blood sugar fluctuations.