Latest Vitamin C Research May Help Smokers!

Chances are you know a smoker, or perhaps you are a smoker yourself. The serious health risks of smoking are, of course, well documented. In three recent studies, though, vitamin C was shown to actually protect smokers and those exposed to secondhand smoke.

Vitamin C Reduces Stroke Risk.

In a study conducted in the Netherlands and published in the latest issue of Neurology, researchers found that vitamin C intake can have a direct influence on stroke risk. They followed over 5,000 subjects for an average of 6.4 years. The

group with the highest intake of vitamin C (over 133 mg daily) had the lowest incidence of stroke. Even more significant, the group in the study that smoked and were in the highest category of vitamin C intake had a 70% lower chance of a stroke when compared to smokers in the lowest C intake group.

The researchers concluded that smokers should be sure their diets include— a daily intake

of vitamin C in order to minimize risk for stroke.

Vitamin C Cuts Risk From Secondhand Smoke

Researchers in a recently published study in Nutrition and Cancer report that non-smokers can reduce cellular damage from secondhand smoke by taking a vitamin C supplement.

They compared an oxidative marker, F2-isoprostanes, between two groups of non-smoking subjects. One group took 500 mg of vitamin C daily while the other took a placebo. When researchers compared the F2-isoprostanes levels between the two groups, the vitamin C

group showed an 11% reduction in this biomarker for damage from tobacco smoke. The researchers suggest that anyone who may be subjected to secondhand smoke should supplement with at least 500 mgs of vitamin C every day.

Smokers Can Cut Risk Of Heart Disease With Vitamin C.

In an *American College of Nutrition* article (Oct 22, 2003), subjects with high intakes of vitamin C were

shown to be less likely to develop ischemic heart disease.

This study of 108 smokers compared the risk of developing ischemic heart disease between those who had the highest intakes of vitamin C (within the group) and those with the lowest. When weight, hypertension, past health history, and other variables were factored out, those within the

highest vitamin C intake group had a 33% lower risk of developing ischemic heart disease compared to the lowest intake group.

The researchers concluded that vitamin C is positively related to non-fatal ischemic heart disease in smokers, and that all smokers should be sure their diets include an adequate daily intake of vitamin C.

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Super C Threshold Control™
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Powdered C
A lemon-flavored, high-potency powdered C supplement is easy to add to beverages and foods. Powdered C is versatile and

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