

VITAMIN C INFO SHEET

Helpful tips about Vitamin C from Dr. Thomas Levy, MD, JD, Helen Saul Case, and Andrew Saul, PhD



CAN VITAMIN C STRENGTHEN MY IMMUNE SYSTEM AND OVERALL HEALTH?

According to Dr. Thomas E. Levy, MD, JD, “A very large amount of research has been conducted regarding the effects of vitamin C on a wide variety of microorganisms and the diseases they produce. Many of the infectious agents and their associated diseases can be completely prevented, readily reversed, and often cured by vitamin C alone. Frederick Klenner, M.D. pioneered the usage of doses of vitamin C beyond what most other investigators employed or even imagined. In doing so, Klenner often obtained singularly incredible results in his patients, while many other clinicians achieved positive, but less compelling, results with much smaller doses of vitamin C. Vitamin C is undoubtedly the ideal agent for treating virtually any viral infection.”

Dr. Levy adds, “In order to cure infections, an agent is needed to neutralize ongoing oxidative stress, repair oxidized molecules, and kill the pathogens, or at least render them more susceptible to eradication by a healthy immune system. Vitamin C does all of these things.”

According to Helen Saul Case, author and daughter of the “Mega Vitamin Man,” Andrew Saul, “In our house, illness rarely ends up in a statement like ‘I have the flu.’ We like to target sickness before it is a problem. We take high-dose vitamin C at the first sign of sickness: a cough or sneeze, runny nose, sore throat . . . An important key to tackling illness is to get to it early. All nutrients are important when addressing illness, but especially vitamin C. Take C before there is a big problem. Don’t wait to get to the point where you feel so awful you must finally resolve to go to the doctor and get a prescription. Ideally, we get on top of symptoms so fast with high-dose C, sickness doesn’t stand a chance . . . We take larger preventive doses of vitamin C, too. If we know we are going to be around someone else who is sick, we load up. We take C all the time. When in doubt, we take more. My kids have yet to need an antibiotic.”

According to Andrew Saul, PhD, “Vitamin C has varying activity in the body at varying levels of intake. At low levels of consumption, vitamin C is like a trace nutrient: you need very little of it to stay alive, but without any at all you die. Even a few mg a day will suffice to preserve life. At moderate levels of consumption—say 500 to 1,500 mg per day for an adult—the vitamin works to build health. Fewer colds will be reported; incidence, severity, and duration of influenza will be less. But it is at high levels—8,000 to 40,000 mg per day—that we begin to obtain therapeutic properties for the vitamin. At this high level, vitamin C has antihistamine, antitoxin, and antibiotic properties

Dr. Saul is key contributor to the website www.orthomolecular.org, and he is the Editor and Chief of their Orthomolecular Medicine News Service (OMNS). The OMNS Editorial Board consists of dozens of doctors and scientists. This website and their news service contains a wealth of health knowledge and wisdom. On their News Release page you will find numerous articles in regards to the prevention and treatment of COVID. A few of the article titles give you an idea of what you might find about Vitamin C in relation to COVID: 1. *The Treatment of Infectious Disease Using Vitamin C and other Nutrients*, 2. *Vitamin C Levels in Critically Ill Covid-19 Patients*, 3. *Vitamin C Cuts COVID Deaths by Two-Thirds*, 4. *Vitamin C Treatment of COVID-19: Case Reports*.

HOW MUCH VITAMIN C CAN I TAKE?

According to Dr. Levy, “For the average healthy adult, taking a daily dose of vitamin C ranging between 6,000 and 12,000 mg will generally meet the body’s metabolic needs. Most adults will need a dosage closer to 12,000 mg than to 6,000 mg. Taking less than 6,000 mg of vitamin C a day would be an optidose for only a few individuals . . . The end result (of optidosing vitamin C) is that when you maintain a regular optidose of vitamin C, just being a bit ‘off’ will usually be as sick as you get when faced with even the biggest of infectious and toxic challenges.”

Mrs. Case goes in to detail about how much she takes: “Normally, I take 8,000 to 10,000 milligrams (mg) of vitamin C every day. When I am sick I can take 8,000 to 10,000 mg an hour before I reach saturation or bowel tolerance, which means exactly what you think it means. Robert F. Cathcart, MD, explains: ‘Bowel tolerance doses are the amounts of ascorbic acid tolerated orally that almost, but not quite, cause diarrhea.’ When I’m not feeling well, first I start off with a loading dose of 8,000 to 10,000 mg of vitamin C all at once. Then, I wait about an hour. If I still feel awful, and I haven’t reached saturation, I take another 8,000 mg or so. Better yet, I take a smaller amount of vitamin C every fifteen minutes (2,000 mg or so) until I feel my stomach rumble, a sign that I’m getting close to saturation. Sometimes it takes several hours, or all day, before I start to get a rumbling tummy. I know that the longer it takes to get to saturation with high-dose C, the sicker I am, and the more I can hold. I don’t quit after a couple of doses. I stay with it until I am completely better. This may take an afternoon, it may take days. But you continue to take enough C to get the job done.”

Mrs. Case writes, “How much vitamin C you should take depends on one thing: you. There is strong consensus among orthomolecular physicians that healthy individuals should take at least 1,000 to 2,000 mg of supplemental vitamin C each day. Frederick R. Klenner, MD, recommended that children get 1,000 mg of vitamin C per year of age up to a routine total dose of 10,000 mg per day. Double Nobel laureate Dr. Linus Pauling himself, author of *How to Live Longer and Feel Better*, took 6,000 to 18,000 mg of vitamin C per day. Far more is required when the body is sick or stressed. Robert F. Cathcart, MD, gave therapeutic doses of vitamin C up to 200,000 mg per day. Dr. Klenner gave up to an astounding 300,000 mg per day.”

Dr. Saul says that “physicians experienced with vitamin C all emphasize that small amounts do not work. Perhaps the biggest misconception about vitamin C therapy is the assumption that one size fits all. It most certainly doesn’t. Sicker bodies hold vastly more vitamin C than do healthy bodies. . . . The key is to take enough C, take it often enough, and take it long enough.” Dr. Saul famous saying is: “Take enough C to be symptom free whatever the amount may be.”

IS VITAMIN C SAFE?

According to Dr. Saul, “The safety of vitamin C is extraordinary, even in enormously high doses. Compared to commonly used prescription drugs, side effects are virtually nonexistent. I do not know of a single case of vitamin C toxicity anywhere in the world’s medical literature. The major side effect of vitamin C overload is an unmistakable, urgent diarrhea. This indicates absolute saturation, and the daily dose is then promptly dropped to the highest amount that will not bring about diarrhea. That is a therapeutic level. Robert Cathcart, M.D., routinely employs high-ascorbic acid therapy with his patients with success. Frederick Klenner, M.D., has seen cures of diphtheria, staph and strep infections, herpes, mumps, spinal meningitis, mononucleosis, shock, viral hepatitis, arthritis, and polio using high doses of vitamin C. Dr. Klenner says, ‘Ascorbic acid is the safest and the most valuable substance available to the physician.’”

In his book, *Curing the Incurable*, Dr. Levy quotes Frederick Klenner, MD as saying, “Ascorbic acid [vitamin C] is the safest and the most valuable substance available to the physician. Many headaches and many heartaches will be avoided with its proper use.”

Dr. Levy adds that “some people need to buffer their vitamin C if they have a sensitive tummy. You can take your C with a calcium-magnesium supplement, or use an already-buffered form of vitamin C such as calcium ascorbate or a neutral form such as sodium ascorbate.”

Dr. Saul says, “The safety and effectiveness of high vitamin C doses have been well established by medical physicians and decades of practice. Before accepting scare stories about ascorbic acid, you should investigate for yourself.”

READING AND MOVIE RECOMMENDATIONS

- *Orthomolecular Nutrition for Everyone: Megavitamins and Your Best Health Ever* by Helen Saul Case
- *The Vitamin Cure for Women’s Health Problems* by Helen Saul Case
- *Rapid Virus Recovery: No need to live in fear!* by Thomas E. Levy, MD, JD
- *Curing the Incurable: Vitamin C, Infectious Disease, and Toxins* by Thomas E. Levy, MD, JD
- *Doctor Yourself: Natural Healing that Works* by Andrew Saul, PhD
- *That Vitamin Movie* starring Andrew Saul and many more