



# High-Dose Vitamin C is Safe - new study debunks fears that vitamin C may cause harm; cancer research can move forward.

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Scientists from the RECNAC 11 project have published findings that verify the safety of high-dose intravenous vitamin C. In this study, published in the *Puerto Rico Health Sciences Journal* (2006; 24 (4):269-276), a Phase I clinical trial with 24 terminal cancer patients receiving between 10 and 60 grams of sodium ascorbate daily for eight weeks; adverse effects were reportedly minor. "The results presented in this manuscript should allay fears about the safety of 'megadose' vitamin C," said Dr Joseph Casciari, co-author of the report.

This research comes on the heels of independent studies demonstrating the efficacy of high-dose vitamin C against tumor cells in experimental tumor models. Moreover, recently published case studies suggest that high-dose intravenous vitamin C can be an effective clinical modality against cancer (RECNAC II, March 2000, and National Institutes of Health (NIH), September 2005).

Intravenous vitamin C therapy has been a cornerstone of research at the Center for the Improvement of Human Functioning International (CIHFI), [www.brightspot.org](http://www.brightspot.org). Dr Michael J Gonzalez, RECNAC II Director, stated, "This is our second publication involving human subjects showing the safety and utility of intravenous vitamin C. We are very happy with the results. We envision the use of vitamin C as part of the conventional treatment of cancer in the near future. This historic study brings Dr Hugh Riordan's ideas and research to a full circle; it validates his work for the past thirty years."

The study was funded by the Lincoln Family Foundation and conducted collaboratively by the University of Nebraska, the University of Puerto Rico Medical Sciences Campus, and the Center for the Improvement of Human Functioning International in Wichita, Kansas (CIHFI). CIHFI, a non-profit 501 © (3) organization, was founded by Hugh Riordan, MD, in 1975 and has four divisions: clinical, research, education and laboratory.

Every year, at least 1.4 million cases of cancer will be diagnosed. Many current cancer therapies, including chemotherapy and radiation, can cause undesirable side effects and complications. "The Hippocratic Oath, which expresses the idea to 'first, do no harm,' is not only a part of our treatment plan for patients, but also drives our research projects,"

stated Ron Hunnighake, MD, Chief Medical Officer.

## References

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ACNEM will be conducting **Injectable Nutrients, Specialist Training Program (STP)** in Melbourne, 2 - 3 December 2006. At this STP, doctors and nurses will discover the extreme value of using intramuscular or intravenous nutrient therapies in optimising recovery in chronically ill and severely compromised patients. Practical, evidence-based training leading to certification to enable saturation of body pools with prescribed nutrients, reliably and conveniently in the clinical setting. Topics include quality, efficacy, safety, protocols and concerns, and quality assurance. Interested? Then contact one of the ACNEM Team on +613 9589 6088 or see our website [www.acnem.org](http://www.acnem.org)

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