

QUESTIONS AND ANSWERS - VITAMIN C

This document includes all patient queries about

--vitamin C specifically,

--about vitamin C and iodine 'jointly'

QUESTION	ANSWER quotes in italics below are from "The Infection Game" https://www.hammersmithbooks.co.uk/product/the-infection-game-2/
People have seen your advice re dosages re children - we have a specific question re an 18-month-old and dosages.	Simply scale the dose down on a wt for wt basis For babies and older smear iodine oil round nose cheeks mouth and hands 2-3 x a day Aim for 2-3 grams vit C daily Interestingly coconut oil is also toxic to COVID 19 – see https://www.icp.org.ph/2020/01/the-potential-of-coconut-oil-and-its-derivatives-as-effective-and-safe-antiviral-agents-against-the-novel-coronavirus-ncov-2019/
Is it safe to follow the Vit C / Iodine protocol if taking methotrexate?	Not just safe – totally desirable as methotrexate is immunosuppressive
--Detailed patient question: I have a history of h.pylori, recurrent stomach ulcer, and gastritis caused by long term antibiotics for chronic embedded UTI. Before that I could take loads of vitamin C, and whatever I wanted, but ever since everything aggravates my stomach. I can't take Ascorbic acid anymore it causes me extreme nausea and gnawing in my stomach. I've tried putting it in gastric resistant capsules but the same happens. Any idea what I can do?! 🤔 I have loads of ascorbic acid and just cannot take it. I seem to be better with liposomal vit C but it's crazy expensive to take at high doses and just isn't available to buy at the moment in the UK.	I suspect you have an upper fermenting gut. You MUST do the PK diet – and you may well find you improve your chronic UTI and tolerate vit C better See "The Infection Game" for details In the interim add sodium bicarb to your ascorbic acid until it stops fizzing. You will then have a neutral solution which should not irritate
Is it safe to take large quantities of magnesium ascorbate - this person cannot take ascorbic acid	Of course! Mg ascorbate is another form of vit C
If you have been taking large doses of Vit C, will you have bad symptoms if you go cold turkey? Like withdrawal?	Nonsense! Vitamin C is not an addiction!

<p>Question re taking Vit C and iodine apart: I would like to know whether having to take Vit C and Iodine hours apart only applies if you are taking both orally (ie both into the stomach). Is it OK to take Vit C and iodine close together if taking Vit C orally and iodine transdermally or inhaling? (Spreading Vit C throughout the day leaves little time to inhale iodine in the salt pipe)</p>	<p><u><i>Iodine to treat surface infections and respiratory infections</i></u> <i>There is a happy synergism with vitamin C. Remember the more different ways one can hit microbes the better. Iodine should be applied externally. It is volatile and even penetrates the skin well. Combine this with vitamin C internally and one gets a classic pincer movement so beloved of army generals! I liken it to Muhammed Alia right hook of vitamin C followed by an iodine left upper cut takes no prisoners!</i> I.e. vit C works from the inside out and iodine from the outside in</p>
<p>This is a similar point to a point that was raised re a YouTube query...</p> <p>‘ I've seen a lot of concern about this point, from several people, with regards anti-inflammatories.’</p> <p>So with all the stuff in the news about how NSAIDS like Ibuprofen may cause COVID-19 to get worse, would the same be true for anti-inflammatory supplements, like Vitamin C? https://fullfact.org/health/covid-19-ibuprofen/</p> <p>https://www.hse.ie/eng/services/news/media/pressrel/advice-about-anti-inflammatory-medication-and-covid-19.html</p> <p>I get Vit C can fight a cytokine cascade, which is good, but would it also lower any sometimes needed inflammatory response? So I have been taking Vitamin C at 2g to 4g ascorbic acid powder most days for several months.</p>	<p>‘Taken together, vitamin C shows in vivo anti-viral immune responses at the early time of infection, especially against influenza virus, through increased production of IFN-α/β.’ https://immunenet.org/DOIx.php?id=10.4110/in.2013.13.2.70</p> <p>Vitamin C works by killing virus. It is not immunosuppressive.</p> <p>Anti-inflammatories are different – they are immunosuppressive</p> <p>In the early stages of CV infection, you should not symptom suppress as symptoms (inflammation) kill and expel virus (snot, cough, sneeze)</p> <p>It may be that at a late stage with a cytokine storm anti-inflammatories helpful but this should be a decision made by a doctor or nurse well versed in treating cytokine storms</p>
<p>Is there a risk LARGE dose Vit C could have the same risks as ibuprofen in these French cases?</p>	<p>No – AGAIN Vitamin C works by killing virus. It is not immunosuppressive. Anti-inflammatories are different – they are immunosuppressive</p>
<p>Is there any problem with arthritis and oxalate flare ups due to high dose Vit C?</p>	<p>No - -possibly the opposite - vit C is a great treatment for upper fermenting gut.</p>

	A combination of a PK diet and vit C to bowel tolerance is a great treatment for arthritis
What is the dosage of vit C for 12 years old? Please (he is 175cm tall and 82kg)	He is adult weight so 5 grams a day in a litre of water and sipped through the day. Little and often. With any acute infection go to bowel tolerance at once i.e. 10 grams every hour. You cannot overdose with vitamin C taken by mouth – most people underdose
If you get a 'bad stomach' from Vit C	It does not cause a bad stomach – the loose stool simply is an indicator that you are getting to bowel tolerance
can you take it any other way than orally?	I am currently working on a Heath Robinson design to allow one to inhale ascorbic acid safely (it needs to be neutralised first) Watch this space.
I usually have loose stools and so can't work out my BT	Ask WHY? The most likely is allergy to dairy or grains and/or fermenting gut You MUST go PK
Thanks for setting up this thread C & K. I'm already doing this, but my concern is for my mother. She is 88 and has heart disease (mitral valve prolapses, AF, high blood pressure) currently under control with medications and wears a pacemaker. Not on warfarin but one of the newer alternatives. Also, secondary kidney problems. Gout, osteoarthritis (visualise her spilling iodine all over the kitchen as her hands are badly affected), migraines. My question is about safe dosing for the elderly and any particular drug interactions, and any conditions for which vit c and or iodine are contraindicated. Mum has a tendency to roll her eyes with all the things I've tried, but perhaps with some more targeted advice she might be more prepared to try... and I'm reluctant to suggest without more knowledge about possible issues with her condition/medications. Keep safe and well everyone and your loved ones. xx	It is perfectly safe for your mother to take vitamin C and iodine. With these there are no drug interactions. Tell her this story: Q. Why did not members of the Royal Family die during the 1918 Spanish flu epidemic? A. They had a naturopathic doctor who was treating them with prophylactic and therapeutic doses of Lugol's iodine
Is it ok for someone with a hiatus hernia and stomach ulcers to take ascorbic acid?	Do the PK diet first and then ascorbic acid well tolerated
Previously, Dr Myhill said:	1:1 sounds OK- - I do not have any sodium bicarb to try this! But until it stops fizzing!

<p>“In the interim add sodium bicarb to your ascorbic acid until it stops fizzing. You will then have a neutral solution which should not irritate”</p> <p>What dose please - e.g. 1-part AA 1-part sodium bicarb?</p>	<p>http://orthomolecular.org/resources/omns/v05n10.shtml</p>
<p>ALSO - if you are prone to acid reflux [I have linked the relevant webpage to this Facebooker i.e. this one - https://www.drmyhill.co.uk/wiki/Heartburn - at last I have sussed out why this is such a common problem] or bladder weeing more is it ok to up the dosage if respiratory cough etc starts and deal with these side effects afterwards?</p>	<p>DO your best</p> <p>You will tolerate the ascorbic acid fine on a PK diet</p> <p>In the short-term use sodium bicarb as above</p> <p>Even better is magnesium carbonate</p>
<p>I have brittle asthma and cannot use iodine in the salt pipe - I have tried several times with very small doses and my airways keep on inflaming. If I use the salt pipe on its own, then this is mostly ok. I have a nebuliser - can I use colloidal silver or something else to attack the virus? NB - I have been using iodine on my skin and that is fine.</p>	<p>Well you probably dare not.</p> <p>Suggest Epsom salts and vit C as per recipe below</p> <p>Feedback so far has been: “no harm, no irritation, feels comfortable doing good”</p>
	<p>If you are severely ill and discharged home, then you are on your own!</p> <p>Desperate times call for new methods. The below is completely safe, cheap and easy albeit unproven.</p> <p>Use the nebuliser (or atomiser – same thing) to inhale vitamin C and sodium bicarbonate</p> <p>The recipe is 100grams of ascorbic acid and with 50 grams of sodium bicarbonate dissolved in one litre of spring water. It bubbles and carbon dioxide is released. You are left with a clear solution. Nebulise 10 ml every hour. The idea is to kill virus in the lungs.</p> <p>AND/OR Magnesium is an excellent anti-inflammatory and bronchodilator</p> <p>To make up a 1% solution of magnesium take 50 grams of Epsom salts and dissolve this in 500mls of spring water (this may seem a lot but Epsom salts is an MgSO4 heptahydrate- molecular wt of this is</p>

	<p>246g/mol and pure magnesium is 24 so Epsom salts is 10% magnesium!). Nebulise 10mls of this at a time and this delivers 1 gram of magnesium. The idea is that magnesium has a marked anti-inflammatory action in the lungs. At this stage do take anti-inflammatory drugs such as paracetamol, aspirin, NSAIs. Continue to sniff iodine. There are NO serious interactions between vit C and iodine. However, they work best taken apart from each other. This is because vit C kills as a reducing agent (it donates electrons) and iodine kills because it is an oxidising agent (it mops up electrons).</p>
<p>Both my parents have had heart attacks - I have been told that Vit C will thin the blood and that this is dangerous for them. Is this true?</p>	<p>It does not thin the blood. It simply makes the blood less sticky – that is totally desirable - it prevents clotting within blood vessels, but normal coagulation is unaffected.</p>
<p>Is it ok to take large amounts of Vit C and Iodine if you are a Type II diabetic?</p>	<p>Not just OK - - totally desirable and even more necessary than most</p>
<p>What ratio of zinc to Vitamin C should people take?</p>	<p>Zinc 30mgs vit C to BT The ratios is irrelevant</p>
<p>How do you measure out ascorbic acid? I have a question about measuring ascorbic acid dosage. I have a pack from Dr Myhill, it has a 1ml scoop in it and says on the packet that a heaped scoop is approximately 5g. My son just told me that the mass of ascorbic acid 1ml is 1.7g. Is this not correct? (This would make a heaped scoop approximately 3- 3.5g). I just realised this has been a big source of confusion for me for a long time. I am currently taking one scoop per day (trying not to use it all up in case I get ill). But not sure how much that is in grams. Thankyou The 1ml spoon level is 1.1 gram, I weighed it yesterday</p>	<p>Not important! Just work out how much you need for BT The dose is not critical It does not matter if you take too much - you can do no harm</p>
<p>Will adding in sodium bicarbonate to neutralise the ascorbic acid reduce stomach acid? I have SIBO and like to keep my stomach acid as high as I can. I guess it's best to take ascorbic acid 'neat' if I can.</p>	<p>No – is simply neutralises the AA. The overall effect on the stomach is zero But the neutral AA kills almost as well</p>

What about the risk of iron overload when taking vitamin C?	None. Vit C helps one to excrete iron
DIRECT MEMBER QUERY - I do not think this has already been asked, apologies if it has. Ben Lynch and Chris Kresser withdrew their recommendations to treat with high dose vits A and D at first sign of illness as these upregulate ACE2 which the virus binds to enter the cell. I've just seen a post in another group saying Dr Klinghardt is now advising against selenium too for the same reason. So, does that just leave us with C?	The same place Use it as directed.
CHILDREN'S DOSING - Re dosing pro rata for an adult weight, is an adult weight taken as about 11 stone? I'd just like to double check the Vitamin C dose (for daily consumption to keep virus at bay) for a 10-year-old who is 5 stone/ 145cm tall? He is taking about 2 grams a day, but I am wondering if that is enough?	Take it to bowel tolerance regardless of size or age. You cannot do any harm with vit C The only harm you can do is by under-dosing Indeed, look out for the inevitable clinical trials of vit C which will be published which will say it is ineffective- - that is because the patients will be under-dosed!
I know that vitamin C in food can be destroyed by too much cooking, so I wondered if there was any problem in mixing up ascorbic acid powder using very hot water? (It does dissolve better in it than cold).	It is destroyed by heat. DO not use hot water Add it to cold water and stir
How effective is transdermal Vitamin C?	Not very. Largely used for superficial infections
DIRECT PATIENT QUERY - I am on day 17 now and finding my bowel tolerance has gone back up again. I am mostly symptom free... but some part of me thinks... if i am tolerating that much vit C I must need that much vit C, therefore I must continue to take it! I am now putting almond butter on the back of my tongue after rinsing with plain water to try and prevent the taste from lingering there (shudder). But I am not complaining it works a treat! QUESTION - Do you think I have to keep taking it until I get back to my usual bowel tolerance??	Correct. With CV19 the virus attacks haemoglobin to slice off the iron molecule – and the free iron molecule causes massive pro-oxidant stress. The Vit C is mopping this up. This needs a lot of vitamin C Yes - -keep it at a bowel tolerance dose
QUESTION - If I am still taking this high level of Vit C [50grams daily], do you think I am still infectious	Possibly. I do not know.

<p>Asking the following for a friend who appears to be suffering from Covid-19: "I'm experiencing diarrhoea as a symptom of what I believe to be Covid-19 so it's not clear what my vitamin C bowel tolerance is. Should I therefore just make a conservative guess and take, say, 50g a day?"</p>	<p>Seems sensible. Continue especially if there are other symptoms of CV19 Make sure vit C is little and often. HOWEVER, do also take rehydrating fluids to compensate for the fluid losses</p>
<p>I have a theoretical question re IV vitamin C. Everything I find on the subject is vague and I cannot tell if they are actually using ascorbic acid or buffered ascorbate. What dilution in saline would you use for unbuffered Ascorbic Acid 1000mg/5ml? Or would Ringers offer any benefit over saline to help buffer it?</p>	<p>Ivi vitamin C MUST be buffered. THEN ivi is usually given as an isotonic solution</p>
<p>Can you inject vitamin C and get it into blood via tissue fluid?</p>	<p>The large volumes needed for an effective dose means this has to be given ivi. Having said that, Dr Fred Klenner used to inject children at 65mgs, up to 350mgs, per Kg of body weight every 2-4 hours https://www.seanet.com/~alexs/ascorbate/198x/smith-lh-clinical_guide_1988.htm) This had to be an iso-tonic solution so large volumes were needed – often several injections into different muscles. Major OUCH factor here!</p>
<p>How long does the vit C/bicarb soda solution for nebuliser keep for? Also how long does ascorbic acid in water stay stable for - wondered if you can make up 1- or 2-days' worth rather than making it up separately every hour or two</p>	<p>Certainly, weeks, probably years!! Vit C is its own preservative.</p>
<p>Could starting the Vitamin C and iodine salt pipe cause bloody stools? This is the only thing I have changed recently.</p>	<p>No If it was fresh blood, then likely to be a local cause e.g. piles If dark altered blood, then you need further investigation to look for pathology. See your GP.</p>
<p>Can I double-check for clarity - nebulising the Vit C/bicarb is *in addition to* imbibing ascorbic acid as per Dr Myhill's suggested regime?</p>	<p>YES - this gets vit C directly to the site of action</p>
<p>And is this for preventative measures as well as during infection?</p>	<p>That is gilding the lily</p>