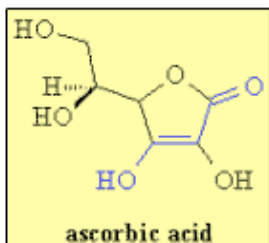




Reports

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Vitamin D
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THE VITAMIN C CALAMITY

Plea To Re-Evaluate The RDA for Vitamin C

By Bill Sardi

Recently published scientific studies now confirm that high-dose vitamin C taken throughout the day may dramatically reduce major health risks. But funny thing, nobody noticed. Even though the data was published in the Annals of Internal Medicine in the early months of 2004, doctors paid no attention. [Annals Internal Medicine, April 6, 140: 533-37, 2004] The news media also appears to be oblivious to the report. It should have been a major headline. But worse yet, government researchers who conducted the study failed to alert the public or the news media. Countless millions of Americans could avoid cataracts, aneurysms, gallstones, cancer and heart disease with this knowledge.

For the past eight years, National Institutes of Health scientists have been telling the public and the news press that consumption of more than 200 milligrams of vitamin C is of worthless value because amounts beyond that are readily excreted. Vitamin C-pill takers were incorrectly ridiculed for producing nothing more than expensive urine.

EXAMPLE OF THE MISINFORMATION ABOUT VITAMIN C THAT IS STILL PUBLISHED AT THE NATIONAL INSITITUDES OF HEALTH WEBSITE at http://www.niddk.nih.gov/welcome/releases/4_15_96.htm



April 15, 1996 200 Milligrams Daily of Vitamin C is Appropriate

Two hundred milligrams of vitamin C may be an appropriate daily amount for healthy men, according to a new study by the National Institutes of Health (NIH). The findings are published in the April 16, 1994 Proceedings of the National Academy of Sciences. "Eating five fruits and vegetables a day will easily provide 200 mg," says principal investigator Dr. Mark Levine of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), a part of the NIH. At 200 mg, plasma had more than 80 percent maximal concentration of vitamin C and tissues were completely saturated. Doses of 500 mg and higher were completely excreted in urine.

Now it turns out that Americans may have missed a great advancement in preventive medicine when public health authorities misled the public over the value of high-dose vitamin C pills. More than 100 million Americans whose dietary vitamin C consumption is low could have reduced their relative risk for heart disease and cancer by over 50 percent had they been advised to swallow some inexpensive vitamin C pills on a daily basis. Smokers, pregnant females, steroid drug users, diabetics, allergic and arthritic individuals, the hospitalized and the aged comprise the groups that could most benefit from this information.

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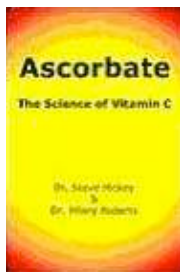
Instead the public was told that 200 milligrams of daily vitamin C from food, not pills, is adequate to maintain health. Two-hundred milligrams is the amount government health authorities said produced maximal concentration of ascorbic acid in the blood circulation.

But then in early 2004 NIH researchers published a paper showing they had achieved three times greater concentration of vitamin C in the blood circulation than previously thought possible using high-dose vitamin C pills. [Annals Internal Medicine, April 6, 140: 533-37, 2004] A similar study conducted in Germany and published in another journal also confirms vitamin C supplements can elevate vitamin C concentrations beyond what NIH scientists said was possible. [Archives Biochemistry Biophysics, March 423: 109-15, 2004]

In 1994 government researchers failed to calculate for the half-life of vitamin C when they claimed that 200 milligrams of oral vitamin C produces the highest achievable concentration of vitamin C in the blood circulation. Then in 2004 the same researchers showed that three times greater concentration of vitamin C could be produced with higher oral doses but failed to alert the public.



Had they exhibited any integrity, NIH researchers should have written medical journals and retracted their previously errant studies. They didn't. They should have alerted the Food and Nutrition Board that the Recommended Dietary Allowance for vitamin C needs to be re-evaluated. They didn't. They should have alerted the news media. They didn't. They should have withdrawn now erroneous printed publications and website pages that continue to air the misinformation. They didn't.



Even after being prodded for over a year by fellow scientists, Drs. Steve Hickey and Hilary Roberts from Manchester, England, the NIH researchers took no corrective action. Hickey and Roberts reacted by writing a book on vitamin C (Ascorbate: The Science of Vitamin C, available as an ebook at www.lulu.com/ascorbate \$6.00 US funds) that documents the scientific mistakes made by NIH researchers.

Among the most glaring says Drs. Hickey and Roberts – NIH researchers failed to calculate for the half life of vitamin C, which is about 30 minutes in humans. (The half life is the time it takes for half of a substance to disappear from the body.) In 1994 NIH researchers conducted studies on only 7 and 15 individuals to develop the current RDA for vitamin C for a population of 280 million people. They measured the concentration of vitamin C twelve hours after oral consumption, or 24 half lives later. It was a bogus test. The

researchers erroneously concluded that 75-90 milligrams of vitamin C is all that is needed to maintain health in a healthy individual.

Knowledge of Health, Inc., recently became aware of the above events and took action. It was apparent there were no agencies that could mobilize rapidly to remedy this problem. Press releases were prepared and issued worldwide. Then a dozen noted vitamin C and antioxidant researchers were recruited who penned their name to a plea to the NIH and the Food & Nutrition Board to re-evaluate the RDA for vitamin C. Press releases were issued once more. The vitamin C Foundation joined in, publishing on their website a list of the top ten websites that spread misinformation about vitamin C supplements (the list includes the NIH, the Mayo Clinic, the National Library of Medicine, the Merck Manual, Quackwatch, and others).



The Vitamin C Foundation publishes its Top Ten Websites That Disseminate Misinformation About Vitamin C at <http://www.vitaminccfoundation.org/topten/pr.htm>

The onus is now on the NIH and the Food & Nutrition Board to respond in a timely manner. Doctors and patients need the correct information about vitamin C. The labels on food products and vitamin pills now mislead the public into thinking they are getting "100 percent of the RDA for vitamin C" and that is all that they need. According to Drs. Hickey and Roberts, in order to maintain blood levels that will significantly reduce disease risk, humans needs to consume about 2500 milligrams of vitamin C per day in divided doses, and more when ill or undergoing physical or emotional stress. For comparison, there is not one prescription drug that can do what vitamin C pills can do to prevent or treat disease.

Below is a copy of a letter and press release sent to government health officials pleading for a new RDA for vitamin C.

Supplement Facts

Serving Size: One tablet

		Amount Per Serving	% Daily Value
Bill Sardi, President Knowledge of Health, Inc.	Vitamin A	2500 IU	50%
	Vitamin C	60 mg	100%
	Vitamin D	400 IU	100%
	Vitamin E	30 IU	100%
PS- Please forward this information to your health-minded friends. Care to get involved? Send a polite email or letter to the Food & Nutrition Board stating you demand the RDA for vitamin C be revised. Addresses provided below.			

LETTER TO HEALTH OFFICIALS
Knowledge of Health, Inc.

457 West Allen Avenue #117 San Dimas, Ca. 91773 USA
Phone: 909 596-9507 Fax: 909 596-9189

A PLEA FOR SCIENTIFIC RE-EVALUATION OF THE
RECOMMENDED DIETARY ALLOWANCE FOR VITAMIN C

August 23, 2004

Linda D. Meyers,
PhD
Director, Food &
Nutrition Board
Institute of Medicine
500 Fifth Street NW
Washington, DC
20001
Tel: 202.334.3153
Fax: 202.334.1412
Email:
lmeyers@nas.edu

Paul M. Coates, PhD, Director
Office of Dietary Supplements
National Institutes of Health
Suite 3B01, MSC 7517
6100 Executive Boulevard
Bethesda, Maryland 20892-
7517
Fax: 301 480-1845
Email: ds@nih.gov

Catherine Woteki,
PhD
Chair, Food &
Nutrition Board
Dean and Director
Department of Food
Science and Human
Nutrition
Iowa State Univ.,
College of
Agriculture
138 Curtiss Hall
Ames, Iowa 50011
Phone: 515 294-
2518
Fax: 515 294-6800
Email
agdean@iastate.edu

Senator Thomas Harkin
Attention to: Peter Reinecke, ,
Chief of staff
731 Hart Senate Office
Building
Washington, DC 20510
Phone: (202) 224-3254
Fax: (202) 224-9369
tom_harkin@harkin.senate.gov

**PLEA CONCERNING ORAL VITAMIN C/RDA FOR
VITAMIN C**

As health professionals who have been involved in vitamin C research, it has recently come to our attention that higher blood plasma concentrations of vitamin C can be achieved through oral intake than previously thought possible. , This scientific revelation has ramifications upon the current Recommended Dietary Allowance for vitamin C and personal health regimens for consumers. It is apparent the current published advice, that the blood plasma concentration for vitamin C is saturated at 200 milligrams oral consumption, must be revised. Furthermore, it is apparent the RDA for vitamin C needs immediate re-evaluation. We urge the scientific community and other responsible health authorities to take timely action to correct misinformation concerning oral dosing of vitamin C and to join an effort to re-evaluate the RDA for vitamin C.

Signed:

Steve Hickey Ph.D., Metropolitan University of Manchester, England.
Co-author, Ascorbate, The Science of Vitamin C, www.lulu.com/ascorbate, 2004.
ISBN 1-4116-0724-4 Telephone from USA: 011 44 161 962 5495

Hilary Roberts, Ph.D., graduate University of Manchester, England. Co-author, Ascorbate, The Science of Vitamin C, www.lulu.com/ascorbate, 2004. ISBN 1-4116-0724-4

Professor Ian Brighthope, Managing Director, Nutrition Care Pharmaceuticals Pty Ltd,
25 - 27 Keysborough Avenue, Keysborough Victoria 3173 Australia,
Phone: +613 9769 0811, Fax: +613 9769 0822

Robert F. Cathcart III, M.D., advocate of high-dose vitamin C therapy; 127 Second Street, Suite 4, Los Altos, California 94022; Telephone: 650-949-2822; FAX: 650-949-5083

Abram Hoffer, M.D., PhD., F.R.C.P. ; Editor-in-chief of the Journal of Orthomolecular Medicine; Suite 3 - 2727 Quadra St ; Victoria, British Columbia V8T 4E5 Canada; Telephone: 250-386-8756; Fax 604-386-5828; email: hoffer@islandnet.com

Patrick Holford, London, founder of the Institute for Optimum Nutrition (ION) and the Brain Bio Centre; author of The Optimum Nutrition Bible, Tel: +44 (0)20 8871 2949 ex 22, Fax: +44 (0)20 8874 5003; Websites: www.holfordhealth.com (USA), www.patrickholford.com (UK), email: pat@patrickholford.com

Dr Archie Kalokerinos, M.D., Graduate Sydney University. He is a Life Fellow of the Royal Society for Health, a Fellow of the International Academy of Preventive Medicine, Fellow of the Australasian College of Biomedical Scientists, and a Member of the New York Academy of Sciences. He has authored Vitamin C: Nature's Miraculous Healing Missile (1993). Currently he is semi-retired, living in Tamworth, New South Wales. Address: 20 Kennedy Close, Cooranbong, Australia, NSW 2265; Telephone: 61 2 4977 2957; Email: akalokerinos@optusnet.com.au

Joel M. Kauffman, PhD, Professor of Chemistry Emeritus, University of the Sciences in Philadelphia, Emeritus Professor of organic chemistry. Special interest in medicinal chemistry. 65 Meadowbrook Rd. Wayne, PA 19087-2510. Telephone: 215- 596-8839. Email: kauffman@hslc.org

Thomas Edward Levy, M.D., J.D., Tulane University School of Medicine, 1972-76-M.D.; Fellowship in Cardiology, 1979-81, Tulane Univ. Affiliated Hospitals;

author, Vitamin C, Infectious Diseases, and Toxins:
Curing the Incurable, Philadelphia, PA: Xlibris
Corporation; 2002. Telephone: 800-331-2303, 719-548-
1600; Fax 719 572-8081 or email to
televymd@yahoo.com

Dr. Richard A. Passwater, Ph.D., antioxidant
researcher, author "Supernutrition," Berlin, Maryland.
Email: passwater@dmv.com Telephone: 410-641-7411.

Hugh D. Riordan, M.D., President - The Center for the
Improvement of
Human Functioning Int'l, Inc., Director - Bio-
Communications Research Institute,
3100 North Hillside Avenue, Wichita, KS 67219 U.S.A.,
Phone: 316-682-3100,
Fax: 316-682-5054, e-mail: bcric@brightspot.org,
website: www.brightspot.org

Andrew W. Saul, PhD, Contributing Editor, Journal of
Orthomolecular Medicine, Number 8 Van Buren Street,
Holley, New York 14470 USA. Email:
drsaul@doctoryourself.com

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Katz A, Wesley RA, Levine M., **Vitamin C
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533-37, 2004.

National Institute of Diabetes and Digestive and Kidney
Diseases, the National Cancer Institut, and the Clinical
Center, National Institutes of Health, Bethesda, Maryland
20892-1372, USA.

BACKGROUND: Vitamin C at high concentrations is toxic to
cancer cells in vitro. Early clinical studies of vitamin C in
patients with terminal cancer suggested clinical benefit,
but 2 double-blind, placebo-controlled trials showed none.
However, these studies used different routes of
administration. **OBJECTIVE:** To determine whether plasma
vitamin C concentrations vary substantially with the route
of administration. **DESIGN:** Dose concentration studies and
pharmacokinetic modeling. **SETTING:** Academic medical
center. **PARTICIPANTS:** 17 healthy hospitalized volunteers.
MEASUREMENTS: Vitamin C plasma and urine
concentrations were measured after administration of oral
and intravenous doses at a dose range of 0.015 to 1.25 g,
and plasma concentrations were calculated for a dose
range of 1 to 100 g. **RESULTS:** Peak plasma vitamin C
concentrations were higher after administration of
intravenous doses than after administration of oral doses
($P < 0.001$), and the difference increased according to
dose. Vitamin C at a dose of 1.25 g administered orally
produced mean ($\pm$ sd) peak plasma concentrations of
134.8 $\pm$ 20.6 micromol/L compared with 885 $\pm$ 201.2
micromol/L for intravenous administration. For the
maximum tolerated oral dose of 3 g every 4 hours,
pharmacokinetic modeling predicted peak plasma vitamin

C concentrations of 220 micromol/L and 13 400 micromol/L for a 50-g intravenous dose. Peak predicted urine concentrations of vitamin C from intravenous administration were 140-fold higher than those from maximum oral doses. LIMITATIONS: Patient data are not available to confirm pharmacokinetic modeling at high doses and in patients with cancer. CONCLUSIONS: Oral vitamin C produces plasma concentrations that are tightly controlled. Only intravenous administration of vitamin C produces high plasma and urine concentrations that might have antitumor activity. Because efficacy of vitamin C treatment cannot be judged from clinical trials that use only oral dosing, the role of vitamin C in cancer treatment should be reevaluated.

Polidori MC, Mecocci P, Levine M, Frei B., **Short-term and long-term vitamin C supplementation in humans dose-dependently increases the resistance of plasma to ex vivo lipid peroxidation**, Archives Biochemistry Biophysics, March 423: 109-15, 2004.

Institute of Biochemistry and Molecular Biology I, Heinrich-Heine University, Duesseldorf, Germany.

To assess the effects of short-term and long-term vitamin C supplementation in humans on plasma antioxidant status and resistance to oxidative stress, plasma was obtained from 20 individuals before and 2h after oral administration of 2g of vitamin C, or from eight subjects enrolled in a vitamin C depletion-repletion study using increasing daily doses of vitamin C from 30 to 2500 mg. Plasma concentrations of ascorbate, but not other physiological antioxidants, increased significantly after short-term supplementation, and increased progressively in the long-term study with increasing vitamin C doses of up to 1000 mg/day. Upon incubation of plasma with a free radical initiator, ascorbate concentrations were positively correlated with the lag phase preceding detectable lipid peroxidation. We conclude that vitamin C supplementation in humans dose-dependently increases plasma ascorbate concentrations and, thus, the resistance of plasma to lipid peroxidation ex vivo. Plasma and body saturation with vitamin C in humans appears desirable to maximize antioxidant protection and lower risk of oxidative damage.

Knowledge of Health, Inc.

457 West Allen Avenue #117 San Dimas, Ca. 91773 USA

Phone: 909 596-9507 Fax: 909 596-9189 Email:

bsardi@aol.com

FOR IMMEDIATE RELEASE 9/23/04 Contact: [Bill Sardi](#) 909 596-9507

EXPERTS CALL FOR REVIEW OF RECOMMENDED DIETARY ALLOWANCE FOR VITAMIN C.

With newly published research reports showing that higher concentrations of vitamin C can be achieved in the blood plasma than previously thought possible, antioxidant

researchers have penned their names to a plea for a scientific re-evaluation of the Recommended Dietary Allowance (RDA) for vitamin C.

A dozen prominent antioxidant researchers, authors, and clinicians say the prevalent belief that 200 milligrams of oral vitamin C, an amount that can be obtained by eating five servings of selected fresh fruits and vegetables, can saturate the blood plasma and additional amounts are excreted in the urine, has now been disproved. Two recently published papers indicate that blood plasma levels of ascorbic acid can be raised three times greater than a flawed 1996 study indicates. One of the published studies shows that blood plasma concentrations of vitamin C continue to rise with a single 1000 milligrams dose of supplemental vitamin C.

Drs. Steve Hickey and Hilary Roberts, pharmacology graduates of the University of Manchester in England assert the initial studies used to determine the blood plasma saturation point for vitamin C failed to calculate for the half life of this vitamin. In their newly published book, Drs. Hickey and Roberts show that the original calculations used to establish the RDA were performed 12 hours, or 24 half lives, after oral consumption of vitamin C and are therefore invalid. (Ascorbate: The Science of Vitamin C, 264 pages, referenced, ebook: www.lulu.com/ascorbate \$6.00 US funds)

In addition to Drs. Hickey and Roberts, the list of researchers calling for a re-evaluation of the RDA for vitamin C includes: Thomas E. Levy MD, JD, author of Vitamin C, Infectious Diseases, and Toxins: Curing the Incurable (Philadelphia, PA: Xlibris Corporation; 2002); Robert F. Cathcart III, MD, a practicing physician and advocate of high oral-dose vitamin C therapy; Richard Passwater PhD, antioxidant researcher and author of Supernutrition; Patrick Holford, London, author of the Optimum Nutrition Bible; Dr Archie Kalokerinos, M.D., Graduate Sydney University, Australia, author of Vitamin C: Nature's Miraculous Healing Missile; Joel M. Kaufman, PhD, Professor of Chemistry Emeritus, University of the Sciences in Philadelphia, special interest in medicinal chemistry; Professor Ian Brighthope, Managing Director, Nutrition Care Pharmaceuticals Pty Ltd, Australia; Hugh D. Riordan, M.D., Director - Bio-Communications Research Institute, Wichita, Kansas; and Abram Hoffer, M.D., PhD., F.R.C.P., a practicing physician, advocate of nutritional medicine and editor of the Journal of Orthomolecular Medicine.

The written plea was sent to the Institutes of Medicine, Food & Nutrition Board, which establishes the Recommended Dietary Allowances for essential nutrients. ####



The amount of vitamin C required for optimal health is approximately 2500 milligrams per day for healthy adults (more for smokers, diabetics, steroid drug users, arthritic and allergic individuals and the aged,

not the 75-90 milligrams recommended by the Food &

Nutrition Board. About 42 oranges would need to be consumed daily to obtain 2500 mg of vitamin C.

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