



Any Questions?

This was the conclusion of a long-term study presented at the 40th Annual Conference on Cardiovascular Disease Epidemiology and Prevention in San Diego, California, March 1–4, 2000, sponsored by the American Heart Association. Results of The Los Angeles Atherosclerosis Study were presented. **The study found that Ascorbic Acid supplements (synthetic vitamin C) caused rapid progression of hardening and thickening of the arteries.** The March 3, 2000 Associated Press headline stated: **Study: Vitamin C Pills Linked To Artery Clogging.** Reuters Health headline of the same day declared: **"Vitamin C Supplements May Promote Atherosclerosis."**

Men who took 500 mg of vitamin C supplements (ascorbic acid) daily had an increase in intima media thickening progression that was 250% greater than men who did not use supplements. Those taking vitamin C pills had significant accelerated thickening of the walls of the big arteries in their necks. In fact, the more they took, the faster the buildup.

Dr. Dwyer, the study's lead author said the effect was observed regardless of disease-state at baseline. "Even men with no evidence of thickening at baseline who were regular supplement users [ascorbic acid] had an increase in intima thickness over the 18 months," he said.

"Adverse effect was not demonstrated for vitamin C from food" said James H. Dwyer, MD.

This office recommends whole natural Vitamin C Complexes with low food level doses of ascorbic acid and high amounts of the naturally occurring vitamin C synergistic cofactors. Food forms of natural vitamins cause no side-effects. The study confirms this.