

Vitamin C, D and Multivitamin Fact Sheet

The Adult Metabolic Diseases Clinic recommends you take additional vitamins to help your general health. These include a multi-vitamin without iron, Vitamin D and Vitamin C.

What does Vitamin C do for my health?

Vitamin C is important in the growth and repair of bones, teeth, skin and other tissues. It has many other roles in the body:

Increase your body's absorption of iron from plant-based foods

Helps to prevent cell damage (is an anti-oxidant) and may reduce your risk for certain cancers and other chronic illnesses

Protect you from infections by keeping your immune system healthy

In mitochondrial disease, vitamin C has been shown to make Coenzyme Q10 work better in the body, helping to increase its benefit in enhancing mitochondrial function.

What does vitamin D do for my health?

Vitamin D is best known for its role in keeping bones healthy. It is also involved in fighting infections, keeping blood pressure within a healthy range and helping control insulin production. Recent research suggests that vitamin D may also have benefits in preventing some types of cancers, especially colorectal cancer. It may help prevent diabetes and multiple sclerosis as well.

What does a multivitamin do for my health?

Some groups of patients, especially those with chronic diseases, who do not eat well, are at higher risk for vitamin deficiency and sub-optimal vitamin status. Taking a multivitamin may reduce your risk of developing other chronic diseases, including coronary heart disease, cancer, and osteoporosis and help to meet your general healthy nutritional requirements. We do not recommend iron supplements unless you have had a blood test that shows you are anemic.

How much should I take?

The recommended daily doses are:

Vitamin D - 1000 IU per day (not to exceed this amount - check your multi-vitamin which may have Vitamin D added)

Vitamin C - 1g per day (not to exceed this amount)

Multi-vitamin without iron - follow the recommended dosage on the bottle

Where do I get the vitamins?

All the vitamins are available at your local pharmacy, health food store or Costco. You may ask the pharmacist to help you choose the most suitable product.

Will my health plan cover it?

No. Unfortunately, most health plans do not currently cover the cost of vitamin supplements.

Are there any side effects?

Taking higher than recommended doses of these vitamins may be harmful. Vitamin D is toxic in high doses because it is stored in body fat. Large amounts of vitamin B6 can cause nerve problems. Taking more than 2000 mg of vitamin C may cause diarrhea and gastrointestinal problems.

Therefore, it is important to follow the clinic recommendations on dosages for these vitamins.

Where should I keep them?

Follow the bottle instructions for safe storage. Generally store at room temperature and keep out of the reach of children.