



AUCKLAND DISTRICT HEALTH BOARD

Communications

Ph: 09 630 9952

ADHB Media Release

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HIGH-DOSAGE VITAMIN C THERAPY

No evidence exists to confidently say that high-dosage Vitamin C therapy is either safe or effective, ADHB Chief Medical Officer Dr Margaret Wilsher said today.

In light of recent publicity on the issue, Dr Wilsher said she had asked Auckland City Hospital's Clinical Practice Committee (CPC) to review the efficacy of high-dose Vitamin C in the treatment of influenza and other critical illness.

"In response, the CPC reported that it could not recommend that ADHB implement this therapy," Dr Wilsher said.

"The CPC found no evidence that would allow it to say high-dose Vitamin C treatment is either safe or effective.

"In fact, the lack of evidence resulted in this treatment recording a score of zero – the lowest score ever given to a health technology assessed by the CPC.

"Only a suitably-constructed and approved clinical trial could establish the facts.

"The CPC noted published literature that high cumulative doses or high intravenous doses of Vitamin C had been associated with renal toxicity.

"The Committee was concerned that a high proportion of influenza patients treated in the ICU by Auckland District Health Board had co-existent renal impairment or failure.

“Given the possibility of additional renal toxicity from Vitamin C therapy, CPC members agreed that - until more is known about the safety profile of high-dose intravenous therapy – that such therapy only be delivered within the context of a clinical trial.”

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For further information please contact Matt Rogers, External Communications Specialist 021 804 122