

## PRESS RELEASE

### **Patient organizations call on government and doctors: use vitamin C therapy quickly with COVID-19 and prevent much damage!**

Patient association 'Hersenletsel.nl' and Patient platform 'Sepsis and afterwards' call on the government and doctors to grasp vitamin C therapy now with both hands. Let the safety of the drug, the evidence so far and the positive clinical experiences of the experts predominate. Early administration can help prevent ICU admissions or ventilation. "Use the evidence we have to prevent the impact we can". In a thorough letter of urgency they sent to the COVID-19 Innovative Treatments Advisory Panel on 4 January this year, they state: "Prevent damage, don't wait".

Vitamin C has already shown itself to be safe in large trials and has shown remarkable results. Its action has been extensively substantiated: Vitamin C can help prevent the cytokine storm, reduce the inflammatory response in the lungs, promote white blood cell function, and has anti-clot-forming and antiviral properties.

Critically ill COVID-19 patients have a proven shortage of vitamin C, a substance that they do not produce themselves, but do need and should receive.

In addition, the effect of vitamin C is largely determined by rapid administration, preferably already at the emergency room and otherwise soon after admission to the (IC) department. Sufficient duration of treatment is also important. Much escalation has already been prevented in this way, as evidenced by the experiences of the doctors consortium FLCCC in the US. This consortium has been gaining positive experience with the therapy since March, as part of the MATH + protocol.

There are plenty of studies and publications that endorse the effect of vitamin C.

The WHO also mentions vitamin C as an additional treatment option.

Waiting for "the perfect evidence to be obtained" is no longer tenable as a guideline in the eyes of said patient representatives. We take risks by not preventing deficiencies in these patients. If we put the safety and potential of vitamin C next to the ever-increasing impact of the virus, now is the time to make room for this therapy. Patients don't have time to wait. And we as healthcare and society do not have that time either.

'Hersenletsel.nl' and 'Sepsis and afterwards' are therefore calling for a joint effort by the government and doctors' associations to make vitamin C therapy possible more quickly.

The aforementioned patient organizations argue that good care under these circumstances is not the same as "waiting for evidence of the highest category to be obtained." In the current situation, every effort must be made to minimize human suffering and overburdening our health care system.

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[Hersenletsel.nl](https://www.hersenletsel.nl)

[Sepsis en daarna](https://www.sepsisendaarna.nl)