Vits Against Virus

January 1, 1999 By Lark Lands, PhD

Take two vitamins to reduce viral load? Sounds suspicious. But Canadian researchers report that, in a study of 49 HIVers, those given 800 IUs (international units) of vitamin E plus 1,000 milligrams of vitamin C daily for three months had an average 0.45-log drop in viral load, while those on placebo experienced a 0.5-log increase. During the study period, all antiretroviral drugs were kept stable. Those on vits also received significant antioxidant benefits. While a half-log (five-fold) drop is modest compared to the usual HAART punch, the results were promising enough—especially for PWAs in poor countries—that the researchers have called for a much larger study.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.poz.com/article/Vits-Against-Virus-7098-9478