

NZ identifies exact amounts of extra vitamin C for optimal health

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New University of Otago, Christchurch research has identified, for the first time, exactly how much extra vitamin C humans need to ingest, relative to their body weight, to maximise their immune health.

The study, based in New Zealand, has found that for every 10 kilograms of excess weight a person carries, their body needs an extra 10 milligrams of Vitamin C daily, which will help to optimise their immune health.

Its novel findings have important implications for public health internationally, particularly in light of the current COVID-19 pandemic, as vitamin C is an important immune-support nutrient and vital in helping the body protect itself from severe viral illnesses.

Although no studies have been carried out as yet specific to dietary intake for COVID-19, researchers suggest these findings could potentially help heavier people better protect themselves from such illnesses.

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