



POSITION STATEMENT

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Vitamin C and the *American Journal of Clinical Nutrition* Study on Diabetes in Post-Menopausal Women

Background: The November 2004 issue of the *American Journal of Clinical Nutrition* published an epidemiological study on vitamin C and postmenopausal diabetic women, finding an increased risk of cardiovascular disease in these women taking what were identified as high doses of vitamin C.

CRN Response:

According to John Hathcock, Ph.D., CRN vice president, scientific and international affairs, “We find these results quite surprising as vitamin C has an extremely positive safety profile. However, anyone with diabetes should be under the care of an appropriately qualified physician, and should follow the doctor’s instructions in regard to medications, diet, supplements, weight control, exercise, glycemic control, control of blood pressure and all other factors impacting the risk from diabetes.”

CRN further noted that the research should not be generalized to the entire population, pointing out the researchers specifically noted their findings are limited to “postmenopausal women with diabetes” and that vitamin C intake was “unrelated to mortality from cardiovascular disease in the nondiabetic subjects.”

The Council for Responsible Nutrition (CRN), founded in 1973, is a Washington, D.C.-based trade association representing dietary supplement industry ingredient suppliers and manufacturers. CRN members adhere to a strong code of ethics, comply with dosage limits and manufacture dietary supplements to high quality standards under good manufacturing practices. For more information on CRN, visit <http://www.crnusa.org>.