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Subject: Hier mal was nettes zu Vit-C

Posted by [Figaro03](#) on Sat, 07 Oct 2006 16:20:41 GMT

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weil wir ja letztens die Diskussion über Sinn und Unsinn bei Frauen in der Menopause mit Diabetis hatten... und was passiert, wenn die Vitamin C nehmen....

Hier mal was nettes über den Stoff, eingestellt von der LE.

Ist wirklich informativ zu lesen. Studien sind auch aufgeführt.

[http://www.lef.org/magazine/mag2006/oct2006\\_report\\_vitaminc\\_01.htm](http://www.lef.org/magazine/mag2006/oct2006_report_vitaminc_01.htm)

Gleich mal die Conclusion:

Zitat:

Abundant evidence now supports the benefits of high-dose vitamin C for cardiovascular health, in addition to its well-documented roles in boosting immune health and fighting infections.

Provocative new studies strongly attest to vitamin C's ability to help prevent coronary heart disease, improve survival following cardiac events, and reduce the complications of heart attack. Furthermore, vitamin C is a potent antioxidant capable of protecting blood vessels from atherosclerotic damage, and levels of vitamin C appear to predict both survival and cardiovascular health.

Easily overlooked and long taken for granted, high-dose vitamin C increasingly appears to be an essential element of any program to boost cardiovascular protection and extend the healthy life span.

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