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**FOR IMMEDIATE RELEASE**  
**Orthomolecular Medicine News Service, Mar 3, 2020**

## Shanghai Government Officially Recommends Vitamin C for COVID-19

by Andrew W. Saul

(OMNS Mar 3, 2020) The government of Shanghai, China has announced its official recommendation that COVID-19 should be treated with high amounts of intravenous vitamin C. (1) Dosage recommendations vary with severity of illness, from 50 to 200 milligrams per kilogram body weight per day to as much as 200 mg/kg/day.

These dosages are approximately 4,000 to 16,000 mg for an adult, administered by IV. This specific method of administration is important, says intravenous therapy expert Atsuo Yanagisawa, MD, PhD, because vitamin C's effect is at least ten times more powerful by IV than if taken orally. Dr. Yanagisawa is president of the Tokyo-based Japanese College of Intravenous Therapy. He says, "Intravenous vitamin C is a safe, effective, and broad-spectrum antiviral."

Richard Z. Cheng, MD, PhD, a Chinese-American specialist physician, has been working closely with medical and governmental authorities throughout China. He has been instrumental in facilitating at least three Chinese clinical IV vitamin C studies now underway. Dr. Cheng is presently in Shanghai continuing his efforts to encourage still more Chinese hospitals to implement vitamin C therapy incorporating high oral doses as well as C by IV.

Dr. Cheng and Dr. Yanagisawa both recommend oral vitamin C for prevention of COVID-19 infection.

An official statement from Xi'an Jiaotong University Second Hospital (2) reads:

*"On the afternoon of February 20, 2020, another 4 patients with severe new coronavirus pneumonia recovered from the C10 West Ward of Tongji Hospital. In the past 8 patients have been discharged from hospital. . . [H]igh-dose vitamin C achieved good results in clinical applications. We believe that for patients with severe neonatal pneumonia and critically ill patients, vitamin C treatment should be initiated as soon as possible after admission. . . [E]arly application of large doses of vitamin C can have a strong antioxidant effect, reduce inflammatory responses, and improve endothelial function. . . Numerous studies have shown that the dose of vitamin C has a lot to do with the effect of treatment. . . [H]igh-dose vitamin C can not only improve antiviral levels, but more importantly, can prevent and treat acute lung injury (ALI) and acute respiratory distress (ARDS)."*

For more information, below is a list of previous reporting by OMNS on COVID-19 and vitamin C:

Mar 1, 2020	<a href="#">News Media Attacks Vitamin C Treatment of COVID-19 Coronavirus</a>
Feb 28, 2020	<a href="#">Vitamin C and COVID-19 Coronavirus</a>
Feb 23, 2020	<a href="#">TONS OF VITAMIN C TO WUHAN: China Using Vitamin C against COVID</a>
Feb 21, 2020	<a href="#">Three Intravenous Vitamin C Research Studies Approved for Treating COVID-19</a>
Feb 16, 2020	<a href="#">Early Large Dose Intravenous Vitamin C is the Treatment of Choice for 2019-nCov Pneumonia</a>
Feb 13, 2020	<a href="#">Coronavirus Patients in China to be Treated with High-Dose Vitamin C</a>

Feb 10, 2020	<a href="#">VITAMIN C AND ITS APPLICATION TO THE TREATMENT OF nCoV CORONAVIRUS: How Vitamin C Reduces Severity and Deaths from Serious Viral Respiratory Diseases</a>
Feb 2, 2020	<a href="#">Hospital-based Intravenous Vitamin C Treatment for Coronavirus and Related Illnesses</a>
Jan 30, 2020	<a href="#">Nutritional Treatment of Coronavirus</a>
Jan 26, 2020	<a href="#">Vitamin C Protects Against Coronavirus</a>

## References

1. <https://mp.weixin.qq.com/s/bF2YhJKiOfe1yimBc4XwOA>
2. <http://2yuan.xjtu.edu.cn/Html/News/Articles/21774.html>

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