

## Nowe badanie farmakokinetyki witaminy C i nowy protokół dawkowania w COVID-19

© Owen Fonorow. **Unexpected Early Response in Oral Bioavailability of Ascorbic Acid**  
<https://www.townsendletter.com/article/online-unexpected-oral-vitamin-c-response/>

Porównano farmakokinetykę **kwasu askorbinowego podawanego doustnie** z farmakokinetyką **askorbinianu sodu podawanego dożylnie**.

Przyjęto, że 10 g kwasu askorbinowego = 11,3 g askorbinianu sodu.

Prędkość podawania obydwu form witaminy C – 250 mg/min.

Fig. 1. Infuzja dożylna 11,3 g askorbinianu sodu przez 40 min. – stężenia witaminy C we krwi mierzone glukometrem

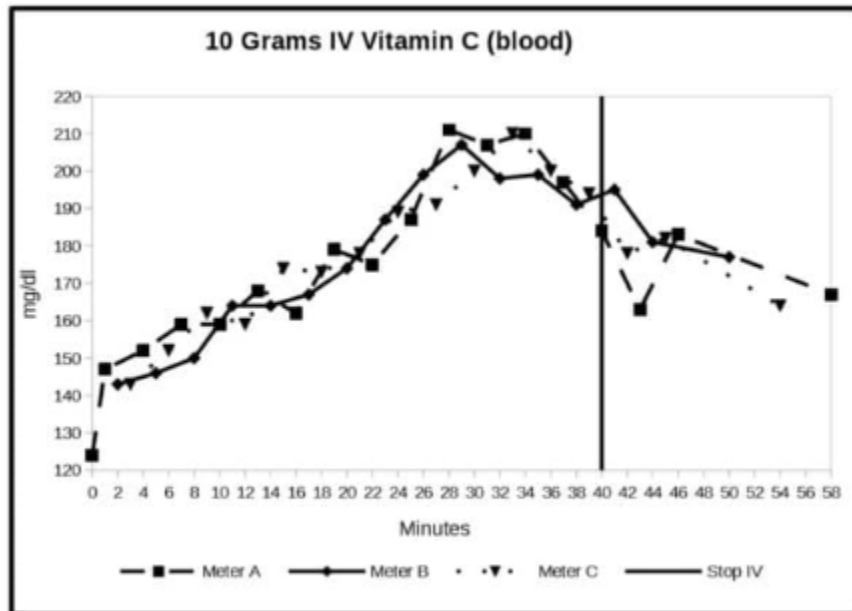


Fig 1. Measurements at one-minute intervals during a 10 gram intravenous infusion of vitamin C.

Fig. 2. Infuzja dożylna 11,3 g askorbinianu sodu przez 40 min. (Avg. IV) oraz podaż doustna 10 g kwasu askorbinowego przez 40 min. (Avg. Oral)

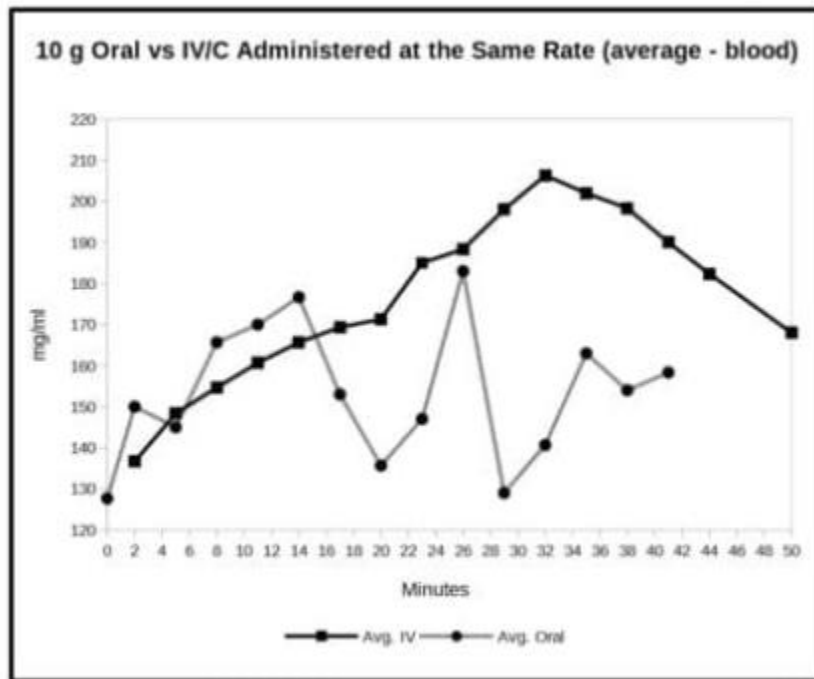


Figure 2 compares the response from oral ascorbic acid when given to match the rate of the intravenous infusion.

Przez pierwsze 15 minut stężenia nie różnią się.

Fig. 3. Infuzja dożylna 11,3 g askorbinianu sodu przez 40 min. (Avg. IV) oraz podaż doustna 10 g kwasu askorbinowego jednorazowo (A B C Oral)

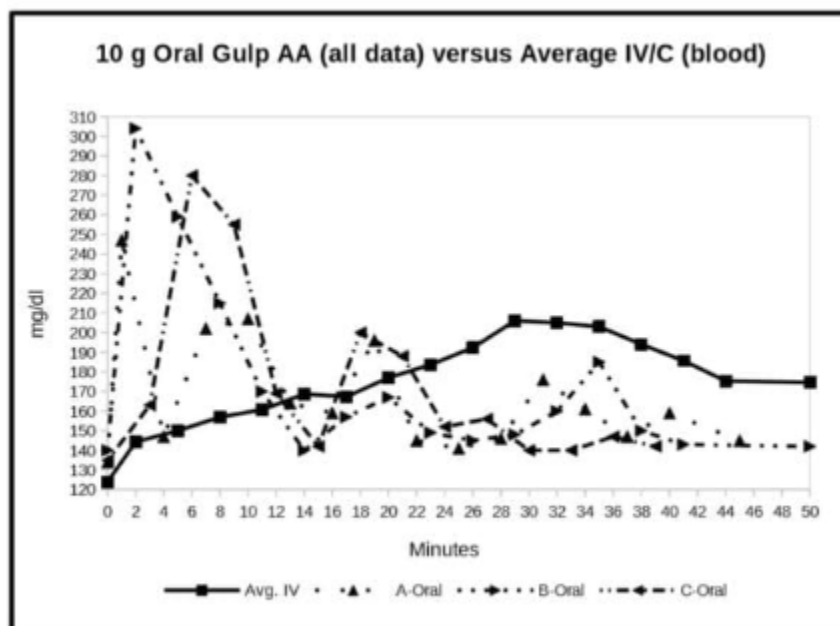


Fig. 3. Time series following a single oral dose versus IV - mg/dl versus time in minutes. All three meters are plotted.

Bardzo szybkie wchłanianie kwasu askorbinowego z żołądka.

Fig. 4. Jednorazowa podać doustna 11,3 g askorbinianu sodu (Avg. 10 SA) oraz 10 g kwasu askorbinowego jednorazowo (Avg. 10 AA)

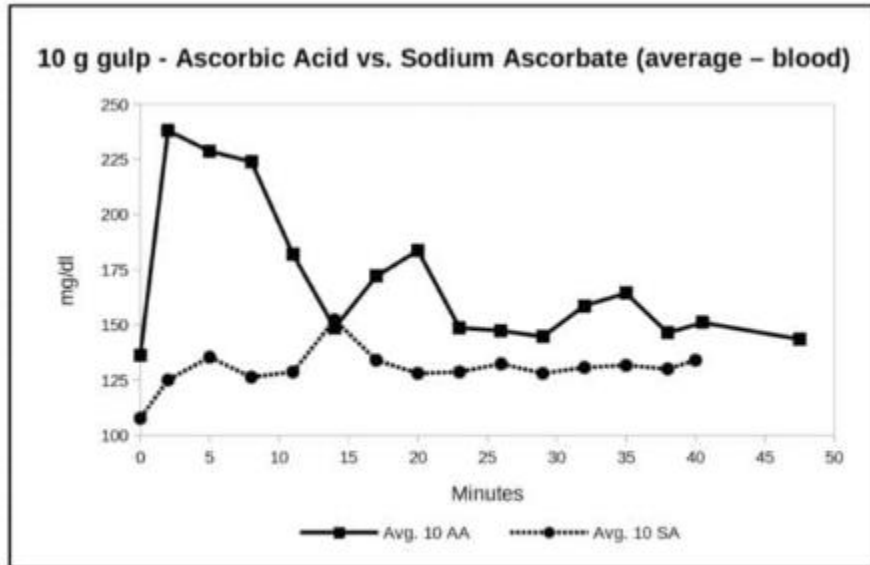


Fig. 4. Time series following a single oral dose of 11.3 grams sodium ascorbate compared with 10 grams ascorbic acid. Data from all three meters are averaged.

Askorbinian sodu wchłania się znacznie wolniej od kwasu askorbinowego z przewodu pokarmowego.

## Protokół dawkowania witaminy C w COVID-19

Doris Loh <https://www.youtube.com/watch?v=bV53h7MCu9I>

**JAY CAMPBELL LIVE**

**New Dosage Recommendations Based on Research Showing COMPLETE DEPENDENCE on Ascorbic Acid in Immune Cells**

The following are recommendations for **INITIAL COVID-19** infections and **SHOULD NOT** be regarded as **MEDICAL ADVICE**.

- If you just got infected and the cytokine storms haven't started, you can take an initial dose of 3 grams, then followed by 1 to 2 grams every hour. You can repeat this cycle every 8 hours until you are completely without symptoms.
- Once symptom free, please go back on the maintenance routine of 1 to 2 grams per hour, for a total of 8 to 12 grams per day.
- Make sure you take a higher level of ascorbic acid than before you were infected.

1:01:50 / 1:57:32

### Początek infekcji COVID-19

Doustnie 3 g kwasu askorbinowego jednorazowo, następnie 1-2 g co godzinę przez 8 godzin. Powtarzać ten cykl aż do ustąpienia objawów.

Po ustąpieniu objawów – dawka podtrzymująca 8-12 g/d w dawkach podzielonych 1-2 g co godzinę.

Zakładając, że człowiek śpi 8 godzin, dwa cykle to  $2 \times (3 + 7 \times 2) = 34$  g (cena ok. **0,85 zł**).

<https://www.perfumeria-euforia.pl/sklep/suplementy/zdrowie-i-uroda/witaminy-i-minerale/targoch-witamina-c-kwas-l-askorbinowy-1kg>

The image is a screenshot of a live video conference titled "JAY CAMPBELL LIVE". On the left side, there are three video thumbnails for participants: Jay Campbell, Doris Lab, and Dr. Kenneth Wilgers. The main part of the screen displays a presentation slide with the following text:

**New Dosage Recommendations Based on Research Showing COMPLETE DEPENDENCE on Ascorbic Acid in Immune Cells**

The following are recommendations for **SEVERE COVID-19** infections and **SHOULD NOT** be regarded as **MEDICAL ADVICE**.

- **Initial Dose:** 3 to 5 grams ascorbic acid, depending on severity
  - Subsequent doses: 2 grams ascorbic acid every 30 minutes.
  - If fever, breathing distress, myalgia do not improve in 3 to 4 hours, repeat the cycle with 3 to 5 grams of ascorbic acid, followed by 2 grams every 30 minutes. Repeat this cycle for 12 hours.
  - If conditions do not improve after 12 hours, increase the initial dosage up to 10 grams followed by 3 to 5 grams every 30 minutes.
- Once your condition improves and stabilizes, you can go back to 2 grams every hour instead of every 30 minutes. Some people have reported that as soon as their ascorbic acid levels drop, shortness of breath returns immediately. If that should happen to you, take a hammer dose of 3 to 5 grams of ascorbic acid.
- During critical infections, you will essentially have an 'unlimited' tolerance for ascorbic acid. Your tolerance may increase to more than 100 grams, and that is actually normal, because doctors in the past have used oral ascorbic acid in amounts over 200 grams to treat viral pneumonia<sup>1</sup>.

<sup>1</sup>Cathcart RF. The method of determining proper doses of vitamin C for the treatment of diseases by titrating to bowel intolerance. *Australian Nurses J.* 1982;9(4):9-13

### Ciężka postać infekcji COVID-19

Doustnie 3-5 g kwasu askorbinowego jednorazowo, następnie 2 g co 30 min.

Jeżeli nie nastąpi poprawa po 3-4 h, powtarzać cykl przez 12 h.

Jeżeli po 12 h nie nastąpi poprawa, zwiększyć dawkę wstępną do 10 g, następnie 3-5 g co 30 min.

**JAY CAMPBELL LIVE**

### New Dosage Recommendations Based on Research Showing COMPLETE DEPENDENCE on Ascorbic Acid in Immune Cells

The following are recommendations for **INTRAVENOUS SODIUM ASCORBATE DOSAGE** and SHOULD NOT be regarded as MEDICAL ADVICE.

- Intravenous delivery of Vitamin C must be buffered to match physiological pH. Most standard intravenous solutions use sodium ascorbate, which is ascorbic acid combined with sodium bicarbonate. The pH of pure ascorbic acid is too low for plasma delivery.
- Intravenous delivery of sodium ascorbate is an excellent way to support the liver which must produce huge amounts of haptoglobin carrying macrophages. High systemic oxidative stress from proinflammatory cytokines can be attenuated by IV sodium ascorbate delivered continuously.
- Continuous delivery of IV C during waking hours should be given at the rate of 500 mg to 1 gram per hour depending on severity. This high amount is necessary because the body cannot reuse or regenerate sodium ascorbate in case the individual cannot ingest oral ascorbic acid.

1:05:40 / 1:57:32

**U pacjentów z COVID-19 w ciężkim stanie**, którzy nie mogą przyjmować kwasu askorbinowego do przewodu pokarmowego  
 Dożylnie askorbinian sodu 0,5-1 g/h w infuzji ciągłej.

**JAY CAMPBELL LIVE**

### Combination Oral Ascorbic Acid and IV C as Treatment for COVID-19

- Oral ascorbic acid + IV C – a powerful two-pronged attack on COVID-19
- IV sodium ascorbate supports haptoglobin regeneration
- IV sodium ascorbate provides electrons as an antioxidant
- IV sodium ascorbate frees ascorbic acid to support heme regeneration and immune cell functions.
- **Oral ascorbic acid stops cytokine storms.**

1:06:19 / 1:57:32

**Optymalne połączenie w leczeniu COVID-19:** równoczesne podawanie kwasu askorbinowego doustnie i askorbinianu sodu dożylnie.

Opracowanie: Tomasz Dangel  
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