Abstract

Vitamin C contributes to inflammation via radical generating mechanisms: a cautionary note.

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BACKGROUND: Reactive oxygen and nitrogen species (RONS) have been ascribed an important role in oxidative stress contributing to the progression of inflammatory diseases such as Crohn’s disease and rheumatoid arthritis. Redox-active metal ions such as Fe(II) and Cu(I) further activate RONS and thus perpetuate their damaging effects. High intake of ascorbic acid exerts a pro-oxidant effect by its interaction with metal ions via a number of established RONS generating systems.

CONCLUSION: Caution should be exerted regarding surplus ascorbic acid intake for patients with chronic inflammatory diseases.

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