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Ascorbic acid and diabetes mellitus.

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Dehydroascorbic acid, the oxidized form of vitamin C, causes diabetes when injected into animals and has been reported to be present in increased amounts in the blood of patients with diabetes mellitus and even in prediabetics. One of the earliest changes in diabetes mellitus is electron-microscopic evidence of damage to the inner endothelial lining of the blood vessels. Certain bioflavonoids, which are natural non-toxic food substances from plants, like rutin from buckwheat, prevent the oxidation of ascorbic acid and seem to protect the endothelium when given with vitamin C; it is therefore suggested that all vitamin C tablets should be combined with these flavonoids.

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