



Vitamin C: The state of the art in disease prevention sixty years after the Nobel Prize

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Vitamin C, or ascorbic acid, has a long and multifaceted scientific history. In 1937, the Nobel Prize for Physiology and Medicine was awarded to Albert Szent-Gyorgyi in recognition of his discoveries concerning the biological oxidation processes with special reference to vitamin C, and the Nobel Prize for Chemistry was shared by Sir Norman W. Haworth, who was the first to synthesize the vitamin. Vitamin C is a potent antioxidant, and this action represented the theoretical basis for various lines of investigation on this molecule in which the potential role of ascorbic acid in the prevention and treatment of a series of diseases, whose pathogenesis is linked to an excess of free radicals such as atherosclerosis and cancer, have been examined. These data have been analyzed in detail by experts in biochemistry, epidemiology, and preventive and clinical medicine in the International Symposium Vitamin C, the state of the art in disease prevention sixty years after the Nobel Prize, held in Monte Carlo from October 31 to November 1, 1997, under the auspices and the scientific endorsement of the Nutrition Foundation of Italy and with the financial support of Bracco SpA and Merck.



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