



More than 30 years ago, Nobel Prize-winning chemist Linus Pauling proposed the theory that high doses of Vitamin C could prevent or lessen the severity of colds and other illnesses.

Pauling was a convincing Vitamin C advocate 1 his death in 1994, but today, researchers still don't agree on 2 the vitamin, found in many fruits and vegetables, helps curb colds. 3, it is considered an important antioxidant, and the supplement form could help prevent a number of conditions.

Uses: Vitamin C can be used to bolster immunity, particularly 4 people who are deficient in the vitamin (the elderly, smokers, diabetics and women who use oral contraceptives).

Other use it to reduce cold and asthma symptoms, 5 exercise performance and protect against cancer and cataracts.

Dose: Most people get enough from food, 6 those with Vitamin C deficiency usually need 200 milligrams to 500 milligrams a day.

PRECAUTIONS: Doses exceeding 2,000 milligrams a day 7 diarrhea. Vitamin C supplements 8 by people with iron-overload problems or kidney disorders.

Research: Vitamin C doesn't appear to 9 reduce cold symptoms, except perhaps for people who are deficient in the nutrient. Some studies suggest that the vitamin can help prevent cancer, cataracts and gallbladder disease, but more rigorous studies are needed 10 establish a link.

Directions: Choose the best answer.

- | | | |
|-----|--|--|
| 1. | 1. by
3. until | 2. for
4. since |
| 2. | 1. whether
3. even | 2. what
4. though |
| 3. | 1. However
3. In other words | 2. As a result
4. For example |
| 4. | 1. against
3. on | 2. among
4. over |
| 5. | 1. enhanced
3. enhances | 2. enhancing
4. enhance |
| 6. | 1. but
3. so | 2. or
4. and |
| 7. | 1. are caused
3. causing | 2. will have caused
4. can cause |
| 8. | 1. should not be used
3. cannot use | 2. had not been used
4. are not using |
| 9. | 1. significance
3. significant | 2. significantly
4. signifying |
| 10. | 1. for
3. in | 2. to
4. by |