

Canada Drugstore Advises Vitamin Use with Colchicine

Canada drugstore has always endorsed the use of supplements in treatment as well as finds the use of vitamins beneficial when included in medical regimen for the treatment of **gout**. Individuals can now buy Colchicine and vitamins together for more effective therapy.

- Middle-aged men have been known to get up in the middle of the night with excruciating pain in their big toe.
- This is an absolute symptom of gout, which does not allow patients to neglect it, both in the short and long term.
- Gout is a kind of arthritis that develops when **uric acid** increases in the body.
- The ailment is actually developed when kidneys are unable to flush out **uric acid**.
- Besides the big toe, inflammation and pain can be experienced in the knees, arms, wrists, elbows, shins, and feet.
- Spells of inflammation and pain can last for several weeks and then fade off until another attack.



How Nutritional Vitamins Within Right Quantity Assist Battle Gout

It is known that medication such as Colchicine helps in preventing inflammation in affected areas. For example, the medication reduces the level of uric acid produced in the body by reducing breakdown of purine into uric acid. Vitamin C helps in the excretion of uric acid through urine, which is very important to be able to flush out excess uric acid in the body.

Vitamin C Also Reduces the Risk of Getting Gout

It is however necessary to control the quantity being consumed. Results may vary from patient to patient, and regular physicians are ideally suited to recommend the right dose. Canada drugstore asks people to opt for multivitamins including things like vitamins C, A, D, and also B-Complex. Mineral content should also include zinc, magnesium, selenium, and calcium.

Studies Indicate in Which Ascorbic Acid can Prevent Gout

Studies have been conducted in the past leading to experts believe that ingesting 500 mg of vitamin c on a regular basis lowers **uric acid levels**. These findings lead to a logical conclusion wherein if uric acid levels can be manipulated in this manner, gout can be actually prevented from occurring.

- Male volunteer group clinically determined to have gout was studied in Taiwan early in the 1990s.
- Diet, weight, and lifestyle of the volunteers were monitored over a long period of time.
- Results were compared with those conducted on people who did not have gout.
- It showed vitamin c in conjunction with other food intake having fiber and folic acid did avoid gout by keeping uric acid levels under control.
- The United States, around 184 people were again asked to take vitamin C to test in the event that uric acid levels could be reduced.
- The volunteer group consisted of people who did not smoke.
- Results were optimum when a dosage of 500 mg of vitamin C was prescribed on a daily basis to the group.
- An average reduction of 10% was observed among participants.
- Those who reported higher uric acid levels found much more benefit.

It is quite clear that vitamin C will help in the prevention and treatment of gout. Canada drugstore Big Mountain Pharmacy recommends that people make use of vitamin C in regulated dosage in order to complement their regular medication of gout under medical supervision.



“ **Domenic Golden**

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