

Canada Drugstore Advises Vitamin Use with Colchicine

Canada drugstore has always endorsed the use of supplements in treatment and 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 explicit 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, irritation and pain can be experienced in the knees, biceps and triceps, wrists, elbows, legs, and feet.
- Spells of inflammation and pain can last for several weeks and then fade off until another attack.



How Vitamin Supplements Within Right Quantity Assist Battle Gout

Is known that medication like Colchicine helps in preventing inflammation in affected areas. For instance, 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 manage 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 in order to go for multivitamins comprising vitamins C, A, D, and B-Complex. Mineral content should also include zinc, magnesium, selenium, and calcium.

Studies Indicate that Ascorbic Acid can in Fact Prevent Gout

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



GoutUric AcidUricUric Acid Levels

Male Volunteer Group Identified as Having Gout Was Studied in Taiwan Early in the 1990S

Diet, weight, and lifestyle of the volunteers were monitored over an extended 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 stop gout by keeping uric acid levels under control.

- The United States, around 184 people were again asked to take vitamin C to test if 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 complained of greater uric acid levels found a lot more benefit.

Is quite clear that vitamin C will help in the prevention and treatment of gout. Canada drugstore Big Mountain Drugstore recommends that people turn to vitamin C in regulated dosage to be able to complement their regular medication of gout under medical supervision.



“ **Domenic Golden**

Domenic is a head content marketing specialist at musclenstress.com, a collection of articles on health issues. In the past, Domenic worked as a post curator for a well-known health site. When he's not writing posts, Domenic enjoys drawing and rock climbing.

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