

Riordan IVC and Cancer Symposium

Participant's Serum Vitamins A, C, E and Urine Vitamin C Compare Your Results to 82 Other Participants

Number of participants selecting these four tests = 83*

Males = 47 (57%)

Females = 36 (43%)

* 3 declined Urine Vitamin C test.

	Vitamin E (mg/dL)	Plasma Vitamin C (mg/dL)	Urine Vitamin C (mg/dL)	Vitamin A (ug/dL)
Mean	1.7	1.8	41	58
Males	1.9	1.8	46	64
Females	1.5	1.8	36	52
Samples Range	0.6 to 4.0	0.4 to 7.4*	0.0 to 100	29 to 97
Normal Range	0.6 to 2.7	0.6 to 2.0	=>35	24 to 90
Optimal Range	2.7 to 3.2	1.7 to 2.4 or >	=>50	74 to 107
Number of participants in the optimal range	9 male => optimal range	13 male 3 female	37	15
Notes:		*test was repeated 2X	31 (39%) had "0" mg/dL	

Several participants were in the biochemical scurvy range according to their vitamin C levels
39% had "0" mg/dL urine vitamin C.

Data compiled by [Bio-Center Laboratory](#) and [CIHFI, Inc.](#)