



Collaboration for Medical Supplementation of Micronutrients Newsletter February 2023

Dear members of the round table and interested parties,

2022 was an exciting and fruitful year for us. With many letters sent out to the government and legislator organisations regarding the role vitamin C and D, a successful round table with an interesting presentation by Angelique de Man on her research into vitamin C, and a publication to end the year with. We want to thank all of you for your involvement, input, and collaboration this year, and are excited to continue with you in the new year.

We hope that 2023 will bring us even further, as we will focus on professionalisation as well as continuity. Naturally we will continue our previous activities, such as research and the organisation of a round table session in spring. But on top of that, we have been working on a website, which we hope to launch soon. This newsletter will also be a regular in your inbox this year, through which we hope to keep you informed about our activities and any progress made. We would greatly appreciate your input on what you would find interesting in this newsletter, so do send any preferences and remarks back to us!

We wish you all the best for 2023, and hope to continue this collaboration in the new year.

Manfred Eggersdorfer, Reindert Graaff, Chaja Hudepol, Gaston Remmers, Idelette Nutma, and Roland de Wolf

A moment of reflection

At the beginning of last year, we mainly focussed on sending letters to the government and legislative organisations about the use of vitamin D in the clinic. This way, we were able to bring the topic under the attention of multiple organisations. One letter also got published on the website of the [artsencollectief](#).

It has been a while since we last sat together at the round table session focussing on vitamin C. Since then, Angelique has been very busy applying for grants for her research and spreading the word on the importance of vitamin C research ([Webinar](#)).

To stay on the topic of vitamin C, the new ESPEN guidelines which were released this year, also include recommended dosages of ascorbic acid in different disease cases. What is remarkable is the recommendation of very high dosages (1-3 grams per day IV) for repletion during critical illness, continuous renal replacement therapy, and cardiac surgery ([ESPEN guidelines](#)).

It is great to see an increased interest in the role that vitamin C can play, and we hope that this will continue.

This year we also had the pleasure of meeting Diederik Gommers, to discuss the use of micronutrients in the IC, and in what role the CMSM might be able to make a difference. Gommers highlighted to us our possible role to inform the public about new developments, thereby positioning ourselves as a reliable source of information to the public. This way, well-informed patients can change the system

from the bottom up. Taking this advice to heart, we chose to make our website more accessible to non-experts, and work more on this aspect of our role.

Nearing the end of the year, we had a very interesting meeting with Sander van Boom, one of the founders of 4MedBox. This website allows patients to share their data with researchers, while also staying involved in the formation of the research question. With the CMSM, we hope to be able to initiate the start of such research into the use of vitamins during and after receiving medical care. We hope that this will result in new insights in the effect of vitamin supplementation both in the clinic and at home.

We are also very happy to announce that a letter by Reindert Graaff and Manfred Eggersdorfer has been accepted as publication in ESPEN on the topic of vitamin D in COVID-19. Their letter focusses on rectifying a statistical analysis in the paper by Beram et al. The document is not yet published, once it is, we will share the link with you.

Outlook for 2023: launching a website and other plans

We start this year with some exciting plans, and a few projects already ongoing. One of those is our website. Over the past months we have been working on a website for the CMSM, where we want to share our mission, as well as any news updates and key literature. We hope that this website can be a starting point for both experts wanting to get involved, and patients and other citizens looking for reliable information. Since it is not up in the air yet, we can not give you a link, but you can appreciate a sneak peek at our logo at the top of this newsletter.

Speaking of, this newsletter is also something that we are setting up this year. We hope to send this around three times per year, to keep you posted on our work. The format will change somewhat as we will tie it in with the style of the website, but in terms of content we would like to hear from you if you have any topics you would be most interested in. E.g. would you like us to focus on our own work or include news items such as interesting publications or talks as well?