



## Newsletter July 2024

Dear members of the round table and interested parties,

It has been a while since our last newsletter, as we had our hands full with organising the round table of this year. This summer we are taking time to map out our plans for the rest of the year, while also already brainstorming the topic of the round table next year.

All the best,

Manfred Eggersdorfer, Reindert Graaff, Chaja Hudepol, Marjo Kommeren, Jaap Toet, Idelette Nutma, and Roland de Wolf

## Round table - Taking vitamin C from bench to bedside

As mentioned, we organised a round table session this spring. The session brought together multiple interesting speakers, who elaborated on the steps that micronutrients -and specifically vitamin C- need to take to go from the research bench to the patient bedside.

Angelique de Man highlighted the first step in this process, talking about her research on measuring vitamin C in blood cells, and shortcomings in large vitamin C dosing studies.

Keynote speaker Mette Berger elaborated on the role that governments can play in (mis)managing the regulations surrounding micronutrient dosing recommendations, and the detrimental effects that can have.

This round table session was also the first time a pharmaceutical company joined in. Two representatives from Pascoe were present to tell their story on how Pascoe brings vitamin C to patients.

We feel that this round table was a great success, connecting people from different fields together, and sparking interesting conversations.

A more elaborate summary of the talks can be found on our website: [CMSM Round Table summary](#)

## Collecting patient experiences

A project that has been in the making for a long time, is the collection of patient stories with regards to their experiences with micronutrients, in- and out of the clinic. The goal of these stories is to be able to highlight that micronutrient use is happening, and that it can have beneficial effects. We hope that by spreading these stories, we can initiate a change from the bottom-up, or at the very least get people to consider a new perspective.

We will be collecting these stories through the end of August, after which we will refine and bundle

them. (For the scientists reading this, we will not be doing any data analysis on these stories. The goal is to collect anecdotal evidence to get people thinking.)

If you yourself, or someone you know has had positive experiences with micronutrients during acute or chronic illness, and you wish to contribute to this project, feel free to reach out to our [info@csm.nl](mailto:info@csm.nl) mail account and we would be happy to send the questionnaire to you.

## Future directions

We are also considering the next steps we want to take with this group.

We hope that we can increase our contribution in informing patients on the role of micronutrients. Furthermore, it was noted that current medical education in the Netherlands does not pay much attention to micronutrients, and their role in different diseases. We believe that by collaboration with medical specialists, we may contribute to bringing a change in the current narrative around micronutrients. We have not yet decided on how we want to give shape to this idea, but it is a topic that is close to the heart of many core group members.

Another goal of the group is to gain funding for continuation of our endeavours in the future. Currently this group is kindly sponsored by DeWolfPact. This has helped us get started, and allowed us to build a website and organise the first round table sessions. However, as we plan to expand our endeavours and become more active, the need for a subsidy arises. This is also an issue the group will be working on in the coming period.