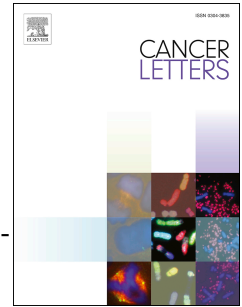


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Insight into the Roles of Vitamins C and D against Cancer: Myth or Truth?

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Abstract

The consumption of vitamins C and D for prevention and treatment of cancer is still an uncertain recommendation due to their controversial roles in cancer. The epidemiological studies document that vitamins C and D possess potential antineoplastic property. In addition, accumulating experimental studies strongly support their anticancer efficacy both *in vitro* and *in vivo*, although the mechanisms of action are not completely clear. Vitamin C at pharmacological concentration has cancer-selective cytotoxicity in several cancer cell lines. Moreover, the cognition of vitamin D has become “hormone D”, which modulates a variety of molecular targets and signaling pathways, contributing to the inhibition of cancer. Furthermore, limited small-scale clinical trials favor their roles as the adjuncts of standard cancer therapies. On the other hand, opposite opinions also exist, and high-quality evidence are still lacking to ascertain the roles of vitamins C and D in cancer. In general, in light of the potential and promising anticancer values of vitamins C and D, it is essential to gain insight into their roles in cancer based on current epidemiological, experimental and clinical studies.

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