



## PATIENT & CAREGIVER EDUCATION

# Vitamin O

This information describes the common uses of Vitamin O, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

## What is it?

**Vitamin O does not treat or cure cancer.**

Vitamin O is a dietary supplement that is marketed on the Internet. Supporters claim that it contains a high concentration of oxygen molecules (30,000 parts per million) dissolved in distilled water. This is unlikely because the maximum solubility of oxygen in water at room temperature is only 7500 parts per million.

Vitamin O as oxygen therapy is based on the idea that cancer and many other diseases are caused by a build-up

of toxins from pollution, processed foods, and other factors. Promoters believe that by supplying high levels of oxygen to the body, vitamin O can detoxify the organs and kill cancer cells.

Animal studies suggest inhaling oxygen-rich air, absorbed through the lungs, has anticancer activities. However, taking oxygen supplements by mouth is unlikely to have the same effect.

## **What are the potential uses and benefits?**

None of the following claims is supported by scientific evidence:

- To treat arthritis
- To prevent and treat cancer
- To manage heart disease
- To treat lung disease
- To sharpen the mind
- To treat infections, such as the flu and the common cold
- To treat headaches
- To treat HIV and AIDS
- To lower high blood pressure
- To promote sleep

- To improve recovery from illness
- To relieve stress
- To improve strength and stamina

## **What else do I need to know?**

### **Patient Warnings:**

- In March 1999, the Federal Trade Commission (F.T.C.) charged Rose Creek Health Products, Inc., and Staff of Life, Inc., the producers of Vitamin O, with making false health claims. These companies had to pay \$375,000 in consumer compensation and are barred from selling this product under false pretenses that it will benefit people with cancer, HIV/AIDS, heart disease, lung disease, or other chronic illnesses.
- No health claim made for Vitamin O has ever been supported.

### **Special Point:**

- This product is not supported by any scientific evidence.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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