

## **Prawns & Vitamin C -Dont take at Same Time**

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In Taiwan , a woman suddenly died unexpectedly with signs of bleeding from her ears, nose, mounth & eyes. After a preliminary autopsy it was diagnosed death due to arsenic poisoning death. Where did the arsenic come from?

The police launched an in-depth and extensive investigation. A medical school professor was invited to come to solve the case.

The professor carefully looked at the contents from the deceased's stomach, in less than half an hour, the mystery was solved. The professor said: 'The deceased did not commit suicide and neither was she murdered, she died of accidental death due to ignorance!'

Everyone was puzzled, why accidental death? The arsenic is of the U.S. military for carrying rice seedlings H Gao. The professor said: 'The arsenic is produced in the stomach of the deceased.' The deceased used to take 'Vitamin C' everyday, which in itself is not a problem. The problem was that she ate a large portion of shrimp/prawn during dinner. Eating shrimp/prawn is not the problem that's why nothing happened to her family ever though they took the same shrimp/prawn. However at the same time the deceased also took 'vitamin C', that is where the problem is!

Researchers at the University of Chicago in the United States , found through experiments, food such as soft-shell shrimp/prawn contains a much higher concentration of - five potassium arsenic compounds.

Such fresh food by itself has no toxic effects on the human body! However, in taking 'vitamin C', due to the chemical reaction, the original non-toxic - five potassium arsenic (As anhydride, also known as arsenic oxide, the chemical formula for As<sub>2</sub>O<sub>5</sub>) changed to a three potassium toxic arsenic (ADB arsenic anhydride), also known as arsenic trioxide, a chemical formula (As<sub>2</sub>O<sub>3</sub>), which is commonly known as arsenic to the public!

Arsenic poisoning have magma role and can cause paralysis to the small blood vessels, "mercapto Jimeii"??, inhibits the activity of the liver and fat necrosis change Hepatic Lobules Centre, heart, liver, kidney, intestine congestion, epithelial cell necrosis, telangiectasia. Therefore, a person who dies of arsenic poisoning will shows signs of bleeding from the ears, nose, mounth & eyes. Therefore; as a precautionary measure, DO NOT not take shrimp/prawn when taking 'vitamin C'.