

70-PMT-DJV  
State Institution

MEMORANDUM  
STATE OF MINNESOTA  
DEPARTMENT OF PUBLIC WELFARE  
CENTENNIAL OFFICE BUILDING  
ST. PAUL, MINNESOTA  
55101

DATE: July 14, 1970

TO: All Medical Services Division Institutions  
ATTENTION: Medical Director  
ATTENTION: Administrator

DPW Cabinet

Medical Services Division Staff

Mental Health Medical Policy Committee

FROM: David J. Vail, M.D., Director  
Medical Services Division

SUBJECT: Policy on Megavitamin Therapy

First, I apologize for the delay in getting this statement out in written form; we have discussed the matter several times at meetings and there are references in the minutes of those meetings, but there has been no separate and specific written statement up to this time.

Definition: "Megavitamin Therapy" refers to the treatment regime developed by A. Hoffer in Saskatchewan, in which schizophrenic persons are treated with very large doses of Vitamin B3 in the acid or amide form; Hoffer has recommended in addition Vitamin C as well.

On October 30, 1968, the Mental Health Medical Policy Committee had this comment on Megavitamin Therapy:

After considerable discussion, the Committee agreed that the judicious use of Nicotinic Acid is not to be interpreted as an endorsement. It is noted furthermore, that the National Institute of Mental Health is conducting a comprehensive and thorough study of this treatment technique at Rutgers University, and this should be the source of reliable and definitive information on the question, and therefore, it would be redundant and wasteful for the Medical Services Division or any of its institutions or affiliates to conduct a study on this matter other than simple clinical trials. The Committee suggested a modest attempt to evaluate the impact of the drug while it is being used in individual cases would be appropriate.

The official policy of the Medical Services Division is as follows:

cc: Dr. Brull

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Policy on Megavitamin Therapy

July 14, 1970

Megavitamin Therapy is to be used in Minnesota state hospitals for mentally ill, mentally retarded, and inebriate persons in the same manner as any non-dangerous medication regime. That is, it may be prescribed by physicians in accordance with their best medical judgment, and the by-laws and rules and regulations of the hospital. It is not necessary for clearance to be obtained from this office nor is it required that megavitamin therapy be prescribed on demand.

DJV:mhv