Orange Juice To Prevent The Worst Flu Ever? Not So Fast

By Ana-Marija Dolaskie — February 12, 2018

This flu season, one product is making its comeback: orange juice. Sales of OJ seem to have gotten a boost — after years of decline — due to consumers’ fears of getting the dreaded illness. But is dosing yourself with high amounts of Vitamin C warranted for this year’s flu from hell?