

Supplement 1. The details of the 30 most viewed videos

No.	Account	Title	Link	Categories	Duration (mo)	Video length (sec)	Views	Likes	Subscribes	mDISCERN	GQS	Accuracy
1	Vox	No, vitamin C won't cure your cold	https://www.youtube.com/watch?v=smQC3CXaIVg	1	34	247	116,2745	34,000	10,700,000	4	5	Accurate
2	SciShow	Can vitamin C and zinc help cure colds	https://www.youtube.com/watch?v=nrNB74Dzn3l&t=145s	1	44	266	261,744	8,800	7,170,000	3	5	Accurate
3	NutritionFacts.org	Do vitamin C supplements prevent colds but cause kidney stones	https://www.youtube.com/watch?v=MSx2-J1WxOw	3	65	256	59,344	956	856,000	5	5	Accurate
4	Tad Inoue	More on vitamin C and flu season	https://www.youtube.com/watch?v=M_rkmdyIB04	4	118	242	47,941	44	3,820	0	1	Misleading
5	Novex Science	Vitamin C and zinc=the problem	https://www.youtube.com/watch?v=ZCbMleu3XBA	4	82	281	43,121	247	43,121	0	1	Misleading
6	NaTTy Fit	Megadose of vitamin C 10,000 mg	https://www.youtube.com/watch?v=vYm_p-X84ck	4	94	405	31,324	321	1,450	0	1	Misleading
7	JJ Medicine	Vitamin C and the immune system	https://www.youtube.com/watch?v=Y98ibDZvZDO	3	2	939	27,411	524	621,000	0	2	Misleading
8	Zack Smith	How to fight colds naturally	https://www.youtube.com/watch?v=kWYuxQ-j-Z8	4	33	217	26,484	272	676	0	1	Misleading
9	Theoria Apophasis	Vitamin C mega-dose update	https://www.youtube.com/watch?v=z_QWYbDIHnE	4	24	309	24,955	1,100	275,000	0	1	Misleading
10	Peter Osborne	Can vitamin C help colds and flus	https://www.youtube.com/watch?v=9t6R1u2Br-o	3	28	1,115	18,742	518	76,300	0	2	Misleading
11	Lifestyle Medicine	Does vitamin C actually help prevent or treat the common cold?	https://www.youtube.com/watch?v=6cE3PXoJJ6E	3	103	137	15,267	77	29,200	3	5	Accurate
12	Meghan Livingstone	5 Supplements for cold and flu	https://www.youtube.com/watch?v=RVCS4FxBnW8	1	69	278	13,869	403	281,000	0	1	Misleading
13	The Globe and Mail	Zinc? Vitamin C? Cold-FX? What actually works for treating a common cold	https://www.youtube.com/watch?v=JpX05li-8hc	2	94	136	11,175	37	138,000	2	3	Accurate
14	Dr. Susan E. Brown	Vitamin C for boosting immunity	https://www.youtube.com/watch?v=uujyz-belGA	3	36	166	9,556	255	30,700	0	2	Misleading
15	Rachael Ray Show	Should you take vitamin C supplements for a cold?	https://www.youtube.com/watch?v=WybOgvlI4UI&t=195s	4	21	267	6,736	78	798,000	0	1	Misleading
16	Mayer Eisenstein	Vitamin C, vitamin C and more vitamin C	https://www.youtube.com/watch?v=mxDA3Axlsm	3	141	69	6,819	23	650	0	1	Misleading
17	Rebecca Watson	Fighting the common cold: myths and facts	https://www.youtube.com/watch?v=QVdBGKcJ8uc	4	45	358	5,626	373	79,600	2	3	Accurate
18	iHealthTube.com	Will taking vitamin C get rid of my cold?	https://www.youtube.com/watch?v=p9NXLdDvuGo	1	172	199	5,544	23	382,000	0	1	Misleading
19	Mental training Podcase with Frank Nilsen	Prevent the cold and influenza with the vitamin man Andrew Saul	https://www.youtube.com/watch?v=67Sz-QWLDZ4	4	50	3,431	5,437	120	2,200	0	1	Misleading
20	Levins Review	Emergency vitamin C 1,000 mg powder fight colds naturally	https://www.youtube.com/watch?v=VDK0tm4eP-4	4	19	546	5,288	69	2,060	0	1	Misleading
21	Seth Karkos	High dose vitamin C: how to get rid of a cold/flu fast! Benefits/dosage/side effects	https://www.youtube.com/watch?v=8z8E081xCTI	4	41	287	4,323	135	10,800	0	1	Misleading
22	Meghan Telpner	Top 5 flu fighting remedies	https://www.youtube.com/watch?v=VJj3eqvPtXw	4	106	483	3,973	25	5,920	0	1	Misleading
23	wellnowdoctor	Vitamin C	https://www.youtube.com/watch?v=Je-0X_Ddc7w	3	26	1,408	3,422	148	40,700	3	3	Accurate
24	Doc Gerry Tan	Can vitamin C prevent COVID-19 and colds? Does it really work	https://www.youtube.com/watch?v=qVwvmxToTRI	3	19	660	3,289	189	54,400	5	5	Accurate
25	iHealthTube.com	Will taking vitamin C make my cold go away?	https://www.youtube.com/watch?v=qbgv5cCqnd8	1	175	46	3,210	13	382,000	1	1	Misleading
26	Hello Kristen	How to beat a cold/flu in one day: 7 supplements: how I did it fast!	https://www.youtube.com/watch?v=s11uTVWzI_w	4	31	976	3,187	91	90,600	0	1	Misleading
27	The Taylor J Show	Emergen-C 1,000 mg vitamin C is great for colds	https://www.youtube.com/watch?v=fqTMFGNLoK4	4	69	208	3,082	-	-	0	1	Misleading
28	Health Everythin	Vitamin c benefits for men	https://www.youtube.com/watch?v=rqSL6QOj_8	4	97	267	3,039	10	13	0	1	Misleading
29	Webdy Westwood	Does vitamin C really prevent or cure a common cold?	https://www.youtube.com/watch?v=BxdEz33qHCg	1	33	85	2,946	19	122,000	4	5	Accurate
30	Nourishable	Can vitamin C cure the common cold?	https://www.youtube.com/watch?v=S-FrV_fHWvA&t=232s	3	24	484	2,657	56	19,500	5	5	Accurate

mDISCERN, modified DISCERN; GQS, Global Quality Scale.