

Study Finds Popular Vitamin and Mineral Supplements Have No Health Benefits

A study published in the *Journal of the American College of Cardiology* found that the most commonly consumed vitamin and mineral supplements provide no health benefit or harm. The study, led by researchers at St. Michael's Hospital and the University of Toronto, reviewed data and single randomized control trials published between January 2012 and October 2017, analyzing the effect of multivitamins, vitamin C, calcium, and vitamin D in the prevention of heart attack, stroke, premature death, or cardiovascular disease.

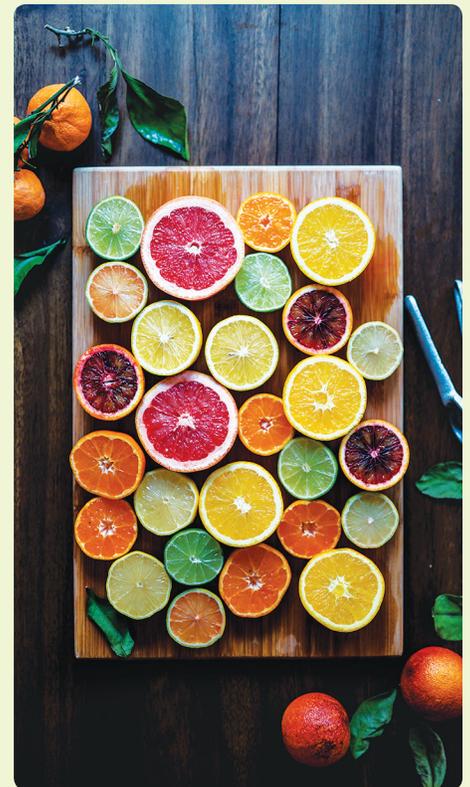
"These findings suggest that people should be conscious of the supplements they are taking and ensure that they are applicable to the specific vitamin or mineral deficiencies they have been advised of by their health-

care provider," said Dr. David Jenkins, the study's lead author.

"In the absence of significant positive data – apart from folic acid's potential reduction in the risk of stroke and heart disease – it's most beneficial to rely on a healthy diet to get your fill of vitamins and minerals," Dr. Jenkins said. "So far, no research on supplements has shown us anything better than healthy servings of less processed plant foods including vegetables, fruits, and nuts." 

The full news release can be found at St. Michael's Hospital Research News.

*To read the study, see: David J.A., et al. Supplemental vitamins and minerals for CVD prevention and treatment. *Journal of the American College of Cardiology*, 2018; 71(22): 2570 doi: 10.1016/j.jacc.2018.04.020*



"The aim of medicine is to prevent disease and prolong life; the ideal of medicine is to eliminate the need of a physician."

— William J. Mayo, physician, surgeon, one of the seven founders of the Mayo Clinic