

Multivitamin Misconceptions

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"Face it, Fred—you're lost."

“MVI Use...In the Women’s Health Initiative”

- ▶ 161,808 participants, postmenopausal women
- ▶ 41.5% of participants used MVIs, primarily Centrum-type MVIs
- ▶ After a median follow up of eight years, MVIs had no influence on the risk of common cancers, cardiovascular disease, or total mortality in postmenopausal women

Arch Int. Med. Feb 9, 2009. 294-304

“MVI Use and Risk of Prostate Cancer”

- ▶ 295,344 men, part of NIH-AARP Diet and Health Study
- ▶ Self-reported use of MVI was ascertained and patients were followed prospectively for five years
- ▶ 32% increased risk of advanced prostate cancer
- ▶ 98% increased risk of fatal prostate cancer

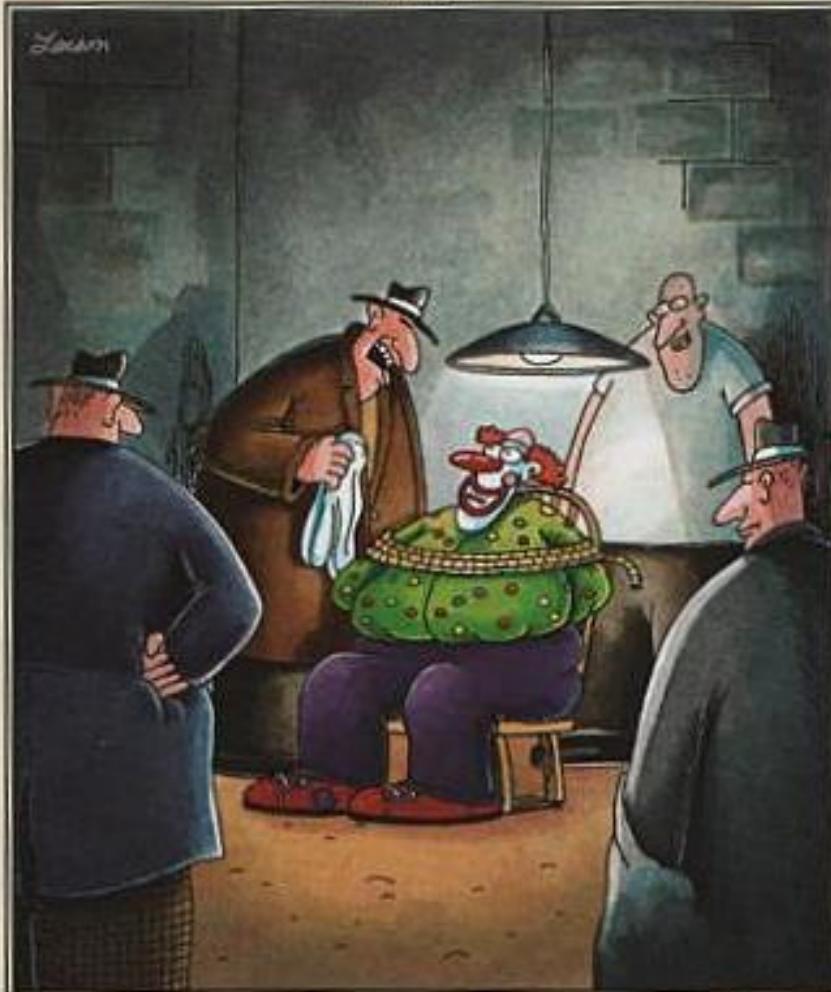
J Natl Cancer Inst. May 2007. 754-64

“MVI Use and Breast Cancer Incidence”

- ▶ Prospective examination of the association between MVI use and the incidence of invasive breast cancer
- ▶ 35,329 cancer free women followed for 9.5 years
- ▶ MVI users had a 19% increased risk of invasive breast cancer

Am J Clin Nutr. May 2010. 1268-72

12/26/94



*"The first thing I'm gonna do is wipe that
smile off your face!"*

5/4/93



What the stranger didn't know, of course, was that Sam always kept a Dobie in his boot.

“Use of MVIs, Vitamin C, and Vitamin E in Relation to Mortality”

- ▶ 77,719 Washington State residents (both men and women) aged 50-76
- ▶ Men and women without pre-existing heart disease had a 22% reduction in cardiovascular mortality
- ▶ People who took MVIs had much higher education status and healthy behaviors which “confounded” a statistically significant 13% reduction in overall mortality
- ▶ Addition of C and E led to further significant improvements in overall mortality, the higher the dose the better

Am J Epidemiology. July 2009. 472-83

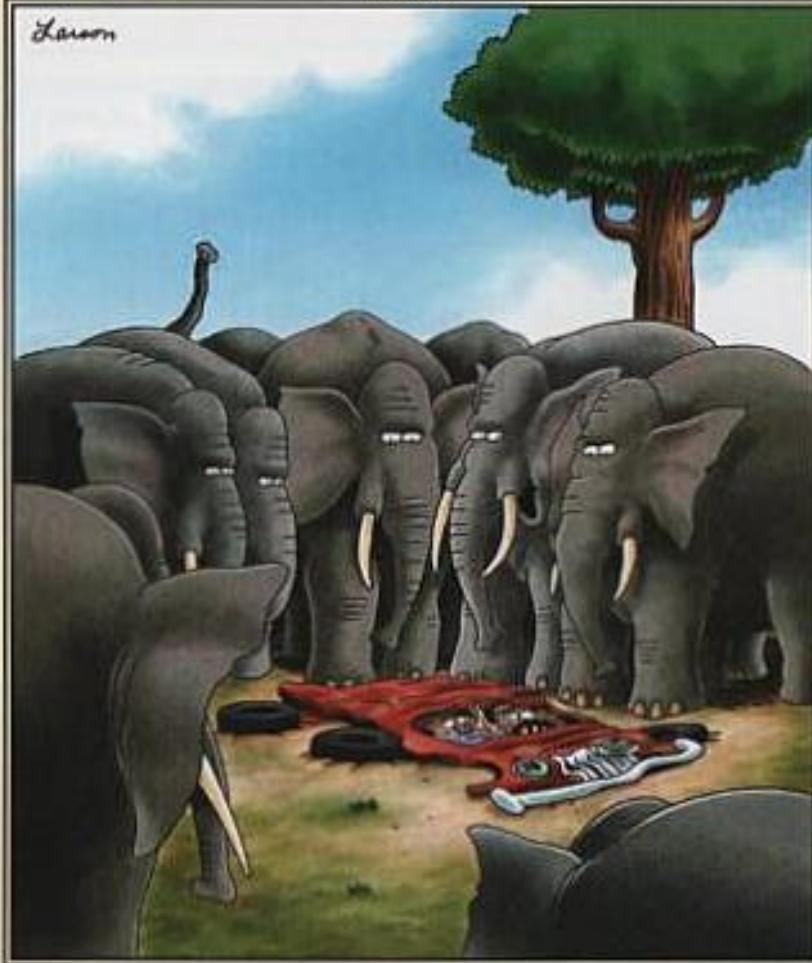
“MVI Use and the Risk of Myocardial Infarction...”

- ▶ 31,671 women with no history of CVD, age 49-83, followed for 10.2 years
- ▶ MVI users had a 30% reduction in risk of MI
- ▶ Those who used an MVI for greater than five years in this trial had an overall 41% decreased risk of MI
- ▶ In a parallel trial of 2,262 women **with** a history of CVD, MVIs had no benefit

Am J Clin Nutr. Nov 2010. 1251-56

7/27/94

Larson



"You know, sometimes I sort of enjoy
this herd mentality."

Iatrogenic Illness

- ▶ 12,000 deaths per year from unnecessary surgery
- ▶ 7,000 deaths per year from medication errors in hospitals
- ▶ 20,000 deaths per year from other hospital errors
- ▶ 80,000 deaths per year from nosocomial infections
- ▶ 106,000 deaths per year from adverse effects of prescription medications
- ▶ 225,000 deaths per year from iatrogenic causes
- ▶ Untold suffering from misinformation campaigns intended to make you into one of the above statistics while claiming to protect you from things not part of the U.S. Medical System

Review

- ▶ 100% of trials looking at our diets show every American has nutrition deficiencies and innumerable insufficiencies.
- ▶ Even JAMA recommends multivitamin supplementation (circa June 19, 2002).
- ▶ The question isn't whether to supplement with a multivitamin, the question is which multivitamin best promotes the prevention of chronic disease.
- ▶ Multiple trials prove that a poor multivitamin can lead to very grave results.

Review continued

- ▶ The complexity of nutrient interactions makes the selection of a multivitamin for the lay person impossible.
- ▶ NutriSearch Comparative Guide to Nutritional Supplements
- ▶ Source Naturals: Life Force Multiple
- ▶ Douglas Laboratories: Ultra-Preventive X
- ▶ Middle Path Medicine's Basic Nutritional Protocol, the synergy of nutritional support

The End

