



2nd December 2008

HEALTH SUPPLEMENTS INFORMATION SERVICE (HSIS) REAFFIRMS THE BENEFITS OF VITAMINS

In response to an article published in the Independent (06/01/09) (and FT Weekend Magazine (03/01/09) regarding vitamin supplements, the Health Supplements Information Service (HSIS) would like to reiterate:

- the benefits of supplements in the maintenance of good health
- that supplements being taken in recommended amounts can be beneficial for health, especially for those people whose intakes are poor, as many people in the UK do not have an adequate intake according to recommended daily amounts

Dr Mason, scientific advisor to HSIS notes: Vitamin supplements are imperative for our daily health maintenance and for making up dietary gaps. In recent research that I undertook and authored – ***Towards a Healthier Britain*** - a substantial proportion of the UK population, young, middle-aged and old, have intakes of vitamins and minerals below reference levels. Of course, eating a healthy, balanced diet can supply all the nutrients we need, but with so many people continuing to eat insufficient amounts of fruit, vegetables, wholegrains, dairy foods and oily fish, there is justification for supplementing the diet in many cases. As a result, where there are nutrient shortfalls, a vitamin or mineral supplement will help meet that dietary shortfall.”

For more information on this report and vitamins and minerals in general log into www.hsis.org.uk or call 020 7052 8955

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