



**THE HEALTH SUPPLEMENTS INFORMATION SERVICE COMMENTS ON
VITAMIN SUPPLEMENTATION AND LUNG CANCER STUDY**

29th February 2008 – A study set to be published in the first March issue of the American Journal of Respiratory and Critical Care Medicine has reviewed the issue of lung cancer and if demographic and medical characteristics, current and past nutrient usage, smoking, plus other lifestyle markers can reduce the risk of lung cancer.

Commenting on the study, Pamela Mason, spokesperson for the Health Supplements Information Service (HSIS) notes: "Vitamins are essential for human health and given that dietary intake of vitamins is low in some groups of the population in the UK, supplements containing vitamins can help to bridge these dietary gaps and can safely be consumed in accordance with recommended dietary allowances.

"This study published in the American Journal of Respiratory and Critical Care Medicine was a prospective cohort study involving 77,126 men and women between 50 and 76 years of age in the Washington state (VITAL) (Vitamins And Lifestyle). The study determined their rate of developing lung cancer over four years with respect to demographic and medical characteristics, their current and past vitamin usage, smoking and other lifestyle markers. There was no evidence of reduced lung cancer risk with multivitamins, vitamin C, E and folate.

"However, the study results are not all that surprising. **Vitamins are essential nutrients that act to maintain health and prevent vitamin deficiency. They were never intended to be used to prevent chronic disease such as cancer. Indeed, it would be asking a lot of a vitamin pill to expect it to prevent cancer.**"

Pamela adds: "When given as supplements, vitamins help to make up dietary gaps caused by poor diets, which are a problem for significant numbers of people in this country - young and old."

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