



HSIS REAFFIRMS THE BENEFITS OF VITAMIN B SUPPLEMENTATION

In response to a paper¹ set to be published (5th June 2007 issue) in the Annals of Internal Medicine, regarding the risk of venous thromboembolism (blood clots in the veins) and the lowering effects of homocysteine levels with B vitamins, the Health Supplements Information Service (HSIS) would like to make the following comment:

Pamela Mason, spokesperson for HSIS notes:” First of all it is vital to point out the many benefits that B vitamins can offer. They are essential for our general health, the health of the nervous system and for releasing energy from food, to name but a few of the benefits.”

“The study set to be published in the Annals of Internal Medicine, involved patients aged over 55 years of age who were already at **high risk for cardiovascular disease**. There is also **no record of the number of patients who had a venous thromboembolism before the start of the study**. The researchers also say that some of the patients may have **been wrongly classified** as having venous thrombosis so the study is certainly not without its **limitations**.”

Pamela adds: “Bearing in mind how essential B nutrients are to our overall health, it **would be quite wrong to conclude from this study that a supplement containing these essential nutrients is useless. Moreover, folic acid, one of the B vitamins used in this study is recommended by the Department Of Health for prevention of neural tube defects like spina bifida in newborn babies. My worry with these types of studies is that women will be alarmed and dissuaded from taking this essential**

¹ Annals of Internal Medicine ; Homocysteine-Lowering Therapy and Risk for Venous Thromboembolism; A Randomized Trial , Joel G. Ray, MD, MSc; Clive Kearon, MD, PhD; Qilong Yi, PhD; Patrick Sheridan, MSc; Eva Lonn, MD, MSc, for the Heart Outcomes Prevention Evaluation 2 (HOPE-2) Investigators* ; **5 June 2007 | Volume 146 Issue 11**

nutrient which is vital for the health of their unborn babies. This must not be allowed to happen."

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