



HEALTH SUPPLEMENTS INFORMATION SERVICE REAFFIRMS THE BENEFITS OF VITAMIN B SUPPLEMENTATION

In response to an abstract¹ due to be presented at the 76th Congress of the Atherosclerosis Society, Helsinki (June 10-13, 2007) regarding the effects of B vitamin supplementation on arterial structure and function in individuals with pre-existing vascular disease, 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 that B vitamins are essential to health. They are key nutrients for the function of every part of the body, including the brain, nervous system and cardiovascular system.

“The study due to be presented in Helsinki involved people with pre-existing vascular disease, in this case, previous transient ischaemic attack (TIA) or stroke. Though no changes in arterial structure or function were observed after B vitamin treatment compared with placebo, it seems to me that it would be extremely far fetched to expect such a change with a vitamin tablet in patients with existing vascular disease. Such studies are interesting, but add nothing to our knowledge about the appropriate use of vitamin supplements, which is actually to help maintain good health in healthy people. Vitamin supplements were never intended to be used as pharmacological treatments.”

Pamela adds: “Bearing in mind how essential B vitamins are for our overall health, and the large numbers of people have marginal or low intakes, it **would be quite wrong to dissuade people from consuming B vitamins in recommended daily amounts.**”

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¹ Potter K et al. Long term treatment with folic acid, vitamin B6 and B12 does not improve vascular structure or function: A randomised controlled trial. Due to be presented at 76th Congress of European Atherosclerosis Society, Helsinki, June 10-13, 2007

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