



**THE HEALTH SUPPLEMENTS INFORMATION SERVICE COMMENTS ON
ANTIOXIDANT VITAMINS IN GASTRIC CANCER**

17th January 2007: In response to a study (publication date: 17/1/07) conducted by researchers at the International Agency for Research on Cancer, Lyon, regarding antioxidants and gastric cancer, The Health Supplements Information Service (HSIS) would like to point out:

- The study is a randomized controlled trial (RCT) which was conducted in 1980 people in Tachira State, Venezuela - **a population at high risk for gastric cancer.**
- Study participants **already had pre-cancerous gastric lesions** at the start of the study.
- **Incidence and death from gastric cancer are declining worldwide, including the UK.**
- Any intervention against gastric cancer should be viewed in the light of this decline.

Commenting on the vital health role that antioxidants have to play, Pamela Mason, of HSIS notes, "We know that antioxidants perform a general preventative role by maintaining good health and there are numerous studies supporting this contention. Vitamins A, C and E are essential vitamins which help to neutralise potentially damaging free radicals¹ in the body. They are particularly important for the protection of cell membranes, as well as maintaining healthy skin, heart and circulation, nerves, muscles and red blood cells."

In conclusion, Pamela Mason notes: **"Antioxidants are safe with no risks associated with their consumption in accordance with recommended daily allowances."**

¹

Volkovova K, Barancokova M, Kazimirova A, Collins A, Raslova K, Smolkova B, et al. Antioxidant supplementation reduces inter-individual variation in markers of oxidative damage. *Free Radic Res* 2005;39(6):659-66.

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