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THE HEALTH SUPPLEMENTS INFORMATION SERVICE REAFFIRMS THE NEED FOR A DAILY MULTIVITAMINS SUPPLEMENT

A study set to be published on May 16th in the Journal of the National Cancer Institute has looked at a possible association between heavy multivitamin use and an increased risk for advanced or fatal prostate cancer.

As a result, Pamela Mason from the Health Supplement Information Service would like to re-iterate: "First of all it is vital to note that there are numerous studies and reports that clearly demonstrate the advantages and the benefits of multivitamin supplementation. One such study has shown that low-dose antioxidant supplementation is **associated with reduced cancer incidence** and all-cause mortality in men and **supplemental beta-carotene and vitamin E with reduced risk of prostate cancer.**¹ Authors of another report published in The Journal of American Medical Association (JAMA)² concluded that **'because low vitamin intake has been linked to a host of illnesses, everybody, regardless of age or health status should take a daily multivitamin.'**

"Moving on to look at this latest study in the Journal of the National Cancer Institute, it is important to note that the association in the research was strongest in the men with a family history of prostate cancer and in those who used multivitamins more than seven times a week. It is possible that men with a family history take more vitamins and it may be false optimism to hope that a vitamin pill can reduce risk of a chronic disease in a person who is at high risk for that disease."

Pamela adds: "This study also showed that **regular multivitamin use is not linked with early or local prostate cancer.** Moreover, this study should be **viewed in the context of other recent studies whose findings have been different.**"

Pamela concludes: "What we also know is that intakes of several vitamins and minerals in adult men are low and that a multivitamin containing the Recommended Daily Amount of a wide range of vitamins and minerals will help to bridge this nutritional gap."

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¹ Hercberg S, Galan P, Preziosi P et al. The SU.VI.MAX Study: a randomized, placebo-controlled trial of the health effects of antioxidant vitamins and minerals. *Arch Intern Med* 2004;164:2335-42.
Kirsch VA, Hayes RB, Mayne ST et al. Supplemental vitamin E, beta-carotene, and vitamin C intakes and prostate cancer risk. *J Natl Cancer Inst* 2006;98:245-54.

² JAMA; Volume 287, No.23, June 19, 2002