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Debunking Medical Myths: Not As Healthy As You Think

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VITAMINS & SUPPLEMENTS: NOT AS HEALTHY AS YOU THINK

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50% of people over 50 years of age regularly consume multivitamin mineral (MVMs) supplements.

MVMs and calcium supplements are the most widely used - people spend nearly **\$39 billion per year** on dietary supplements in US.

BUT DO HEALTHY INDIVIDUALS REALLY NEED TO TAKE VITAMINS REGULARLY?

VITAMIN D

Benefits - Vitamin D has tremendous health benefits to different body organs including calcium absorption, bone metabolism, and has improved outcomes for many diseases.

Risks - YOU DO NOT NEED VIT D IF YOU HAVE SUFFICIENT LEVELS IN YOUR SYSTEM (above 30-40 nmol/L)

Furthermore, Vit D can be toxic causing a condition called hypervitaminosis D when taken excessively.



OMEGA-3 FATTY ACIDS

Benefits - Limited preventative benefits regarding cardiovascular health.

Risks - Some patients with implanted defibrillators may have negative health effects from omega 3 supplementation.

Insufficient evidence - Not enough evidence that omega 3 fatty acid supplements protect against cardiovascular events among patients with a history of cardiovascular disease. No convincing evidence that omega 3 supplements improve cognition or function in dementia patients.



CALCIUM

Benefits - In individuals with low calcium levels, supplementation has been shown to aid in decreasing blood pressure and the prevention of osteoporosis

Risks - Calcium supplementation also has the associated risk of heart attacks and gastrointestinal symptoms like constipation,



Multivitamin/mineral supplements provide both risk and benefit to individuals, providing more benefit for those who have vitamin insufficiency; and at best no benefit to those who are overall healthy, and at worst potential harm.

When considering whether to regularly take vitamins consult with your primary physician!

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