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When it comes to preventing heart disease, vitamin and mineral supplements are probably a waste of money, a new research review concludes. The findings ...

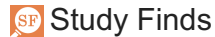
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A new systematic review of five years of studies found that some of the most popular vitamin and mineral supplements — like vitamin D, calcium, and vitamin C ...

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Study: Vitamin Supplements Don't Provide Health Benefits

A new study concluded the most commonly consumed vitamin and mineral supplements do not help in preventing various diseases.

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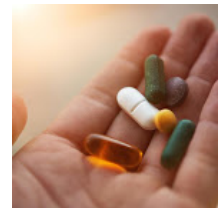


Most vitamins, mineral supplements have no health benefits - ANI News

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Here's Why You Can Probably Stop Taking Those Vitamin And Mineral Supplements Now, According To Scientists

The most popular vitamin and mineral supplements that people take make no difference to a person's health, a five-year study has revealed, surprising even the ...



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Popular vitamin and mineral supplements didn't provide any measurable health benefits to prevent cardiovascular disease, stroke or early death, according to a ...



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There's no conclusive evidence that dietary supplements prevent chronic disease in the average American, one expert says.



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Study: Multivitamins Don't Help You Live Longer

There's no conclusive evidence that multivitamins benefit heart health.

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Evidence mounts that vitamins might not do anything for your health

Vitamins are to health as music is to dancing — or at least that is what the multi-billion dollar vitamin and supplement manufacturing industry wants you to think.



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A review of the most commonly consumed vitamin and mineral supplements has found that most neither heighten nor lower the risk of cardiovascular disease, ...



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Popping a couple of vitamin supplements after breakfast is a daily routine for lots and lots of people, but just how much do those pills contribute to your overall ...

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Vitamins and antioxidants: some supplements linked to increased risk of death

Not only are vitamin and mineral supplements a waste of money, they can in some instances actually harm the body, an international study has concluded.


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New vitamin supplement study finds they may do more harm than good

A new review of 180 studies found little or no protective effects from taking dietary supplements, and actually found some harm.

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You probably have a jar of multivitamins somewhere in your house. And it's probably useless. There's a good reason we thought they were necessary: For ...

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 MedPage Today

Most Supplements Do Little to Protect the Heart

Most commonly-used vitamin and mineral supplements do not prevent cardiovascular events or prolong life, with the exception of folic acid and B-complex ...

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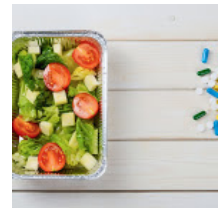
Most popular vitamin and mineral supplements provide no health benefit

Instead of dietary supplements, focus on a healthy diet, researchers say.

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 Medical News Today



Heart health: Supplements don't work, with one exception

A new meta-analysis of existing studies finds that, with one exception, the most commonly used supplements do not protect against heart disease or stroke.

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 HealthDay

Supplements Won't Help Prevent Heart Disease: Study

When it comes to preventing heart disease, vitamin and mineral supplements are probably a waste of money, a new research review concludes.

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Nutritional Supplements Don't Improve Heart Health, Study Finds

People who use vitamin and mineral supplements to keep their heart in tiptop shape probably aren't getting much out of it, suggests a new review published in ...

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Do Vitamin and Mineral Pills Actually Work? No, Say Scientists

Popping vitamins and mineral supplements might feel virtuous, but it actually carries surprisingly few health benefits and could even do harm, according to ...

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 Washington Times

Multivitamins and supplements don't provide health benefits: study

There are little to no health benefits from supplemental vitamins and minerals, according to a new study by researchers in Toronto, Canada.

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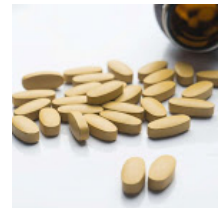
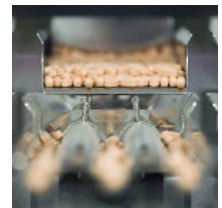
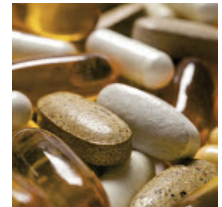
 ABC News

Researchers find most vitamins and minerals don't lower risk of heart disease

A recent review looked at 179 studies to try to get an overall picture of whether these make a difference to heart health.

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Study finds the most popular vitamin and mineral supplements probably do... nothing

Common vitamin and mineral supplements don't protect against cardiovascular disease or early death, and oth...

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Review: Many vitamin and mineral supplements show no benefits for health
TORONTO, May 30 — A new Canadian review has found that many of the most commonly used vitamin and mineral supplements do not have any benefits for ...



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Have you been downing vitamin pills hoping to give your body the best? Sorry, a team of researchers from St Micheal's Hospital and the University of Toronto ...



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Vitamins don't stop heart disease, may increase death risk: Study
Multivitamins, vitamin D, vitamin C and calcium showed no benefit to the prevention of cardiovascular disease.



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Vitamin pills are bad for heart and have no health benefits, says study
Vitamin pills may not be as healthy or useful as previously thought. A new study results suggests that multivitamins, vitamin D, calcium and vitamin C have no ...



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Health update: Popular vitamin, mineral pills provide no consistent benefit or harm

The most commonly consumed vitamin and mineral supplements provide no consistent health benefit or harm, a study has found.

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All those vitamin pills you take might be a waste of time, except one

A new study looking into the effects of vitamin and mineral supplements on the human body has shown that in nearly all cases, they provide no actual health ...

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Popular vitamin, mineral pills provide no health benefit

Our review found that if you want to use multivitamins, vitamin D, calcium or vitamin C, it does no harm - but there is no apparent advantage either," said Jenkins.

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Vitamin and mineral supplements could be fatal: study

NOT only are vitamin and mineral supplements a waste of money, they can in some instances actually harm the body, an international study has concluded.

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Popular vitamin supplements linked to increased risk of death: study

Doubt has been cast over the use of vitamin and mineral supplements, with new research finding they don't protect the heart against disease.

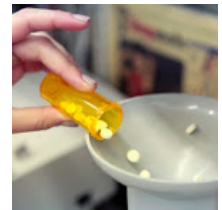
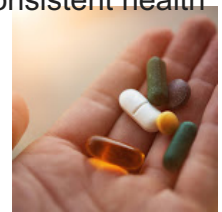
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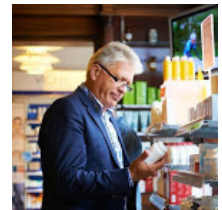
Most vitamin supplements are useless, according to new study

A new systematic review of five years of studies found that some of the most popular vitamin and mineral supplements — like vitamin D, calcium, and...

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Most vitamins have no health benefits, can't prevent cardiovascular diseases

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