

# Five Reasons Not To Take Dietary Supplements



By *Ana-Marija Dolaskie* — April 5, 2017

There are many reasons not to take dietary supplements, just take a look at some of the stuff we've written in the past. But to jog your memory, here are five reasons not to start taking dietary supplements, or multivitamins.

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**Source URL:** <https://www.acsh.org/news/2017/04/05/five-reasons-not-take-dietary-supplements-11089>