

# Vitamins and Minerals: Does Epidemiologic Evidence Justify General Supplementation?

*By ACSH Staff — February 1, 2000*





































































































































































































































































































































































































































































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**Erratum:** pg. 33,  
item number 3  
reads, in part  
...."should take  
supplements  
containing 400  
**mg** of folic  
acid/day."

This should  
read: ..."should  
take  
supplements  
containing 400  
**micrograms** of  
folic acid/day."

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## **EXECUTIVE SUMMARY**

Millions of  
Americans take  
vitamin and  
mineral  
supplements  
because they  
hope or believe  
supplements will  
help prevent  
such diseases  
as cancer, heart  
disease,  
osteoporosis and  
age-related  
macular  
degeneration (a  
common form of  
blindness in the  
elderly). Recent  
scientific  
evidence that  
taking  
supplements of  
specific nutrients  
such as vitamin  
C, vitamin E,  
beta-carotene,

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**Source URL:** <https://www.acsh.org/news/2000/02/01/vitamins-and-minerals>

**Links**

[1] <http://www.scribd.com/doc/111408444/Vitamins-and-Minerals-Does-Epidemiologic-Evidence-Justify-General-Supplementation>