October 27, 2011

The False Vitamin Scare

Welcome to the Health Freedom Minute. This is Twila Brase, president of Citizens’ Council for Health Freedom.

Did you see the scary story about the use of vitamins and women? The Star Tribune’s front page headline asked, “So now vitamins are dangerous?” It claimed that a study showed increased risk of death among older women who took dietary supplements.

The article claimed that women who took multivitamins were 6 percent more likely to die. Iron supplements supposedly led to a 10 percent increase in death. Then I read the last paragraph buried on page seven.

There the reporter wrote that the university researcher who did the study “agrees that the study doesn’t prove the supplements were to blame.” Wow. Don’t let the media fool you. Always read the last paragraph.

Come to our exciting November 10th fundraising event and support this radio program! Sign up at healthfreedomminute.net.

Source:

“So now vitamins are dangerous?” Maura Lerner, Star Tribune, October 12, 2011.