

December 1<sup>st</sup>, 2010

*A new study published in the American Journal of Clinical Nutrition examined the association between multivitamin use and myocardial infarction (MI) in a large population of women.*

## LONG-TERM MULTIVITAMIN USE IN WOMEN REDUCES THE RISK OF HEART ATTACK

A new study published in the American Journal of Clinical Nutrition examined the association between multivitamin use and myocardial infarction (MI) in a large population of women.

The study included 31,671 Swedish women with no history of cardiovascular disease (CVD) and 2,262 women with a history of CVD aged 49–83 years. At the beginning of the study, the women completed a questionnaire regarding dietary supplement use, diet, and lifestyle factors. Multivitamins were estimated to contain nutrients close to recommended daily allowances.

During an average of 10.2 years of follow-up, 932 MI cases were identified in the CVD-free group and 269 cases in the CVD group. In the CVD-free group, use of multivitamins only, compared with no use of supplements, was associated with a 27% decreased risk of CVD. When multivitamins were used in conjunction with other supplements, the risk of CVD was decreased by 30%. In those that used only supplements other than multivitamins the reduction in risk was much smaller at only 7%. In women that used multivitamins for more than 5 years there was a 41% reduction in risk of CVD.

This research showed that the use of multivitamins was inversely associated with MI, especially among long-term users with no history of CVD.

*Rautiainen S, Åkesson A, Levitan EB, Morgenstern R, Mittleman MA, Wolk A. Multivitamin use and the risk of myocardial infarction: a population-based cohort of Swedish women. 2010. AJCN 92(5):1251-6.*