

November 4<sup>th</sup>, 2009

*A team of researchers from the University of Washington report that daily use of multivitamins over a 10-year period may reduce the risk of death from heart disease by 16%.*

## MULTIVITAMINS MAY LOWER HEART DISEASE DEATH RISK

Researchers from the Fred Hutchinson Cancer Research Center at the University of Washington recently analyzed the use of multivitamin supplements, vitamin C, and vitamin E over a ten year period. Correlations between 5-year total mortality and death from cancer or cardiovascular disease (CVD) were assessed.

Data from 77,719 Washington residents aged 50 to 76 were obtained by questionnaire. A series of analyses showed that use of multivitamins was associated with a 16% lower risk of death from cardiovascular disease (95% CI: 0.01-0.3). Intakes of vitamin E over 215 milligrams per day over the course of ten years were also associated with a 28% reduction in the risk of death from CVD (95% CI: 0.12-0.31).

Multivitamin use alone was not associated with a decreased risk of total mortality, but both vitamin C and E were associated with decreases in risk of total mortality. Similarly, vitamin C did not correlate with a reduced risk of death from CVD while both multivitamins and vitamin E did.

*< Am J Epidemiol 2009 Aug 15;170(4):472-83 >*