



October 20, 2016 – Grand Rapids, MI

Supplements: No Benefits?

The opinion piece in the journal article was titled “*The Supplement Paradox: Negligible Benefits, Robust Consumption*” (1). The author is a well-respected physician who has written often about what he feels are the problems in the dietary supplement industry. He used the article I talked about [Tuesday](#) as a basis for his latest thoughts. Why would supplement use stay the same when research demonstrates that there are little to no benefits?

He raised three points. First, he suggests that people haven't heard about the negative studies. I would debate that based on the questions I get about science by headlines. From my experience, there's no basis for the comment.

Second, he suggests that maybe consumers have been told about the importance of vitamins and minerals, so they take MVMM to make sure they get enough. No evidence for this one either.

His final point was to question the claims allowed on labels. I'm very familiar with those. All that's allowed is related to structure-function claims such as “may contribute to joint health” for glucosamine. The word arthritis can't be mentioned or the FDA and FTC get involved.

This was his opinion, of course. But he failed to consider the most important reason for supplementation, ironically, based on the same NHANES data that was used in the article he cited. I'll cover that on Saturday.

What are you prepared to do today?

Dr. Chet

Reference: JAMA. 2016;316(14):1453-1454. doi:10.1001/jama.2016.14252

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