

## Re: VITAMIN E CAN KILL

**Source:** <http://sci.tech-archive.net/Archive/sci.med/2004-11/1067.html>

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**From:** Dr. Zarkov (*Ming\_at\_Mongo.com*)

**Date:** 11/13/04

Date: Sat, 13 Nov 2004 10:32:41 -0500

"GMCarter" <fiar@verizon.net> wrote

> ...

> > *Vitamin E can kill*

> >

> > *Washington (ANI) – Taking Vitamin E health supplements in*

> > *excess can be a health hazard rather than a benefit,*

> > *according to researchers at Johns Hopkins University use*

> > *of high-dose vitamin E supplements, in excess of 400 IU*

> > *(international units), is associated with a higher*

> > *overall risk of dying.*

>

> *Well, this is spinning modest data that suggest a possible risk and*

> *turning it into hysteria. Below is my response to another, less*

> *polemical review of the meta-analysis the Hopkins group undertook.*

The Annals of Internal Medicine article doesn't seem to be available yet.

All I could find was news reports of what was presented at the meeting. How

did they do the meta-analysis? Did they correct for possible confounding

factors?

> *On 10 Nov 2004 21:29:53 GMT, markd@toad-net.com wrote:*

>

> >

> > *I fear your view of "bad" doesn't match the principle study, a closer*

> > *reading finds:*

>

> *snipped review of most relevant study--*

> > *The supplement biz is a 15,000,000,000 dollar a year biz*

> > *and the pharma companies are as eager to make money as the next. One*

> > *wouldn't be surprised if the proffit margin greater with the supplement*

> > *biz.*

>

> *This is true. Indeed, one of the biggest manufacturers is*

> *Hoffmann-LaRoche. What was more interesting to me was:*

>

> *"He says there are several theories about why vitamin E increases*

> *risk.*

- > *One theory is that it increases bleeding risk, which would increase*
- > *the risk of a type of stroke, while another theory suggests that at*
- > *high doses vitamin E stops working like an antioxidant, removing*
- > *harmful molecules in the body, and instead becomes a pro-oxidant,*
- > *actually promoting the production of harmful molecules.*
- >
- > *Still another scenario suggests that high doses of vitamin E tend to*
- > *wipe out other antioxidants, which disrupts the body's natural*
- > *antioxidant protection system."*
- >
- > *This gets more to the issue, I think. These data are not dissimilar*
- > *from the findings of the dangers of beta carotene.*
- >
- > *Well, I think that makes sense. Anyone who knows even the most general*
- > *science of oxidative stress will realize that these individual agents*
- > *work as antioxidants for a specific oxidant. They then must be reduced*
- > *by another antioxidant. So they work in tight knit cycles.*
- >
- > *Thinking in the framework of "one drug for one condition" (let alone a*
- > *bug/infectious disease) in this context is really moronically stupid.*
- > *And it is little wonder that people who take high dose Vitamin E or*
- > *beta carotene fare poorly. Indeed, it's rather suprising to me that*
- > *the increased mortality risk is so low!*
- >
- > *By contrast, using an array of antioxidants makes MUCH more sense. A*
- > *case in point is the studies of beta carotene in HIV disease, some*
- > *studies for preventing mother-to-child transmission. In those studies,*
- > *no benefit was found. No surprise. However, recent studies of the use*
- > *of a MULTIVITAMIN showed much better effect. Indeed, HIV disease*
- > *progression was slowed by 30%.*
- >
- > *That's because you get a full array of the elements of the oxidative*
- > *stress cycles that provide a balance: vitamins A, C, E, the B*
- > *vitamins, selenium, zinc. A good potent multi I think is an important*
- > *cornerstone of therapy. One might add to that agents like NAC, alpha*
- > *lipoic acid and other enhancers of glutathione, catalase and the SODs.*
- >
- > *And don't forget that both the vitamins A and E used are a restricted*
- > *chemical whereas in nature, one consumes a variety of carotenoids,*
- > *tocopherols and tocopheryls.*
- >
- > *Indeed. Don't just take Vitamin E. Just take a good quality, decently*
- > *potent multi if you wish to supplement.*
- >
- > *George M. Carter*
- >