

Re: VITAMIN E CAN KILL

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Date: Sun, 14 Nov 2004 00:37:35 -0800

"Dr. Zarkov" <Ming@Mongo.com> wrote in message
news:zcqdnWAmCMGrTAvcRVn-sw@rcn.net...
> "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?

Yes it is available. I printed it out.....all 16 pages.

I have not got to read it fully yet.

I've read some of the papers in its bib. I've
my doubts about meta-analysis in general. It
seems to me, to be away of ignoring positive
results found in some of the studies.

They don't correct for issues such as
synthetic racemic vitamin E versus
rrr-alpha tocopheryl nor do they
correct for alpha E versus mixed
tocopherols. And with the multi

vitamin studies I didn't see any
using alpha lipoic acid, inositol, cysteine,
flavonoids, or anthocyanins

>
>
>> *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 dallor 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*

sci.med: Re: VITAMIN E CAN KILL

> > *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*
> >
>
>