Not for Adults Only

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For years research has shown that most adults with HIV suffer deficiencies of many vitamins and minerals—and that the lower the level, the faster the disease progresses. Now there's evidence that in the case of one mineral the same applies to children. A recent five-year University of Miami study found that HIV positive children with low blood levels of the antioxidant selenium died sooner than other kids. According to *CATIE*, the newsletter of Toronto's Community AIDS Treatment Information Exchange, the finding "presents a strong case for selenium supplementation in children." As always, experts caution against taking single nutrients, advising instead a daily multivitamin/mineral and, of course, a good diet. But the report reinforces the crucial message that nutrition matters—for kids and grown-ups alike

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