Vitamins & Minerals

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In a Thai study, HIVers with CD4 counts under 200 (and not on HIV meds) who took a high-selenium supplement (0.4mg a day plus many other vitamins) had significantly reduced risk of dying from opportunistic infections. The supplement seemed to boost immune function but didn’t affect CD4 and viral load levels.

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http://beta.docker.poz.com/article/Quick-Study-Vitamins-Minerals-234-4731