Vital Vitamins

June 1, 2009 By Laura Whitehorn

The mainstream press continues to bash the benefits of vitamins. Two recent stories, for example, question their usefulness: “Studies Say Vitamins Don’t Reduce Some Health Risks” (*Los Angeles Times*) and “Vitamin Pills: A False Hope?” (*The New York Times*).

We know better:

- Many people—including those with HIV—suffer from deficiencies of basic nutrients. For us, vitamins and supplements can play a role in health.
- Taken at too-low doses, vitamins and supplements have little impact (some studies use such doses).
- Vitamins and supplements don’t replace drugs such as HIV meds-—they supplement them (that’s why they’re called…well, you know).

As George Carter, of the Foundation for Integrative AIDS Research in New York City, says: “A potent multivitamin/mineral should be standard of HIV care—to slow disease progression and help offset med toxicities.”

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http://beta.docker.poz.com/article/vitamins-health-risk-16614-1566