

Dear Letter to the Editor,

A few unfortunate articles about vitamins (the latest “Study on Vitamins Disappoints”) may discourage the public from taking vitamins. What do these studies that claim vitamins are ineffective have in common? The faulty studies used dosages well below the amount shown in earlier vitamin studies to be effectiveness in prevention of heart disease, cancer and other conditions. The conclusion from these recent studies should be a call to the FDA to increase the recommended daily dose of vitamins to the level that is known to be effective.

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