



The following headlines might sound familiar to you:

"Vitamin supplements can increase risk of cancer and heart disease" - Guardian

"What You Need to Know About Vitamin D and Cancer" - Time

"Don't Take Your Vitamins" - New York Times

There is no getting around these reports. We are upset with them because we see how they generate confusion among people. Almost all the studies to which these negative reports refer were conducted with low-quality preparations or only looked at the effectiveness of individual substances.

However, it now turns out that some of these reports have an element of truth, as shown by this brochure. How else can we explain the fact that widely used micronutrient combinations promote the growth of cancer cells?

Poor quality combinations cannot have the same benefits as combinations that are scientifically developed and tested.

If you stand in front of a supermarket shelf and find multivitamin preparations that cost only a few euros, you should be cautious. It is very unlikely that this vitamin mix consists of high-quality natural raw materials.

As shown by this brochure, the effectiveness of such preparations should be called into question - unless the manufacturer can prove otherwise.

