



VITAMIN, MINERAL, AND MULTIVITAMIN SUPPLEMENTS FOR THE PRIMARY PREVENTION OF CARDIOVASCULAR DISEASE AND CANCER
CLINICAL SUMMARY OF U.S. PREVENTIVE SERVICES TASK FORCE RECOMMENDATION

Population	<p>Healthy adults without special nutritional needs. This recommendation does not apply to children, women who are pregnant or may become pregnant, or persons who are chronically ill or hospitalized or have a known nutritional deficiency.</p>		
Recommendation	<p>Multivitamins: No recommendation. Grade: I statement</p>	<p>Single- or paired-nutrient supplements: No recommendation. Grade: I statement</p>	<p>β-carotene or vitamin E: Do not recommend. Grade: D</p>

Preventive Medications	<p>Evidence on supplementation with multivitamins to reduce the risk for cardiovascular disease or cancer is inadequate, as is the evidence on supplementation with individual vitamins, minerals, or functional pairs. Supplementation with β-carotene or vitamin E does not reduce the risk for cardiovascular disease or cancer.</p>		
Balance of Benefits and Harms	<p>The evidence is insufficient to determine the balance of benefits and harms of supplementation with multivitamins for the prevention of cardiovascular disease or cancer.</p>	<p>The evidence is insufficient to determine the balance of benefits and harms of supplementation with single or paired nutrients for the prevention of cardiovascular disease or cancer.</p>	<p>There is no net benefit of supplementation with vitamin E or β-carotene for the prevention of cardiovascular disease or cancer.</p>
Other Relevant USPSTF Recommendations	<p>The USPSTF has made several recommendations on the prevention of cardiovascular disease and cancer, including recommendations for smoking cessation; screening for lipid disorders, hypertension, diabetes, and cancer; obesity screening and counseling; and aspirin use. These recommendations are available at http://www.uspreventiveservicestaskforce.org/.</p>		

For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to <http://www.uspreventiveservicestaskforce.org/>.