

Vitamin Update

Vitamin C and Vitamin E

A recent study demonstrated synergistic or mutually beneficial effects when Vitamin C and Vitamin E were taken together daily, over a 12 month period, as compared to taking one or the other. Also, the heart muscle seems to benefit when Vitamin E intake is greater than 800 IU per day (anything less did not show cardiac benefits). Similarly, Vitamin C at 1,000 mg per day was shown to enhance both the heart muscle and the immune system.

Selenium and Cancer

Researchers conducted a wonderful study which assessed the benefits of selenium, frequently touted as a cancer preventative. One group of participants in the study was given selenium as part of their daily routine and the other group was given a placebo. Neither group knew whether or not they were taking the selenium. The study concluded that the group taking selenium had a reduced incidence of cancer. Of those individuals who developed the cancer and were taking the selenium seemed to have a better recovery rate.