

FDA Finds Lack Of Conclusive Evidence that Vitamin E Supplements Reduce the Risk Of Cardiovascular Disease

In the April 2000 issue of *Worst Pills, Best Pills News* we recommended that you save your money and *Do Not Use* vitamin E to prevent cardiovascular disease because the weight of scientific evidence shows vitamin E to be ineffectual for this purpose. In fact, we have been saying this since the publication of the first edition of *Worst Pills, Best Pills* in 1988.

Dietary supplement producers sued the Food and Drug Administration (FDA) in Washington DC federal court on January 19, 2000, because the agency refused to allow them to make claims that the vitamin reduces the risk of heart disease. The litigation was stayed pending the FDA's re-evaluation of the claims.

The agency gave its answer to the supplement producers' attorneys in a letter dated February 9, 2001. The FDA found that the available published scientific evidence demonstrates lack of a valid relationship between vita-

min E supplementation and a reduction of the risk of cardiovascular disease. Additionally the FDA suggests there may be potential safety concerns with vitamin E supplementation, such as an increased risk of prolonged bleeding in people who routinely use nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (MOTRIN), and that this problem should be addressed in future research.

Clearly, we agree with the

Foods High In Vitamin E

Vegetable oils (corn, cottonseed, soybean, safflower) and egg yolk (all of which are high in fat and/or cholesterol); wheat germ, and whole-grain cereals. Some vitamin E may be lost in cooking.

1 ounce margarine	15 milligrams vitamin E
1/2 cup wheat germ	3 milligrams vitamin E
2 slices whole-wheat bread	2 milligrams vitamin E

FDA's conclusion and we can probably expect the supplement producers to continue their litigation against the agency.

What You Can Do

You should eat a well-balanced diet with an adequate supply of vitamin E. The table on this page lists some foods high in vitamin E. There is no evidence that vitamin E supplements reduce the risk of cardiovascular disease.