

## Antioxidant Supplements Can be Bad For You

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The use of vitamin C and E supplements to protect against heart disease is widespread and has turned into a multibillion dollar industry ... but they might do more harm than good.

Antioxidants such as vitamins C and E are known to protect cells against the damaging byproducts of energy metabolism known as free radicals. These byproducts are said to also contribute towards cancer and cardiovascular disease.

To combat these free radicals vitamin C and E supplements have been brought onto the market and promoted vigorously. However Professor Kevin Croft of the University of Western Australia School of Medicine and Pharmacology has reported that recent research has shown that there is no positive benefit in using these supplements. Instead the supplements could lead to increased blood pressure.

Professor Croft says that vitamins C and E are necessary for good health people do not need to take them in such high doses. Adequate levels of both vitamins can be maintained simply by having a healthy diet rich in a variety of fresh fruit, vegetables, cereals and "a moderate intake of beef, poultry and fish".