Synthetic Vitamins May Increase the Risk of Cancer

A new study has just been published stating that, "taking too many [vitamins] may increase men's risk of dying from prostate cancer." The study published in the Journal of the National Cancer Institute followed the overall health and diets of 300,000 men. The study concluded that "heavy multi-vitamin users were almost twice as likely to get fatal prostate cancer as men who never took the pills".

There was a small catch in the researchers' findings. There was no link found between vitamin use and early stages of prostate cancer. "The researchers speculated that perhaps high-dose vitamins had little effect until a tumor appeared, and then could spur its growth." [1]

Taking a *synthetic* multi-vitamin may actually increase the growth of tumors? What is wrong with this picture? Taking a daily vitamin should promote health within the body. The problem arises when people are consuming *synthetic* vitamins. The majority of all vitamins sold in stores today are *synthetic*. This means they are created in a laboratory. For example, Vitamin C is commonly sold as ascorbic acid. Ascorbic acid is made by combining corn syrup, hydrogenated sugar, acetone and hydrochloric acid. In fact, most vitamins in supplements are petroleum extracts, coal tar derivatives, and chemically processed sugar (plus sometimes industrially processed fish oils). Other acids and industrial chemicals (such as formaldehyde) are used to process them [2-5]. Does that sound like it would be good for the body?

There was even a study published in the Los Angeles Times that illustrated how synthetic ascorbic acid (sold as vitamin c) gave participants 2.5 times thicker arterial walls, thus increasing their risk of heart disease. Another study published in the Canadian Medical Association Journal found that taking mega-doses of vitamin C (ascorbic acid) can cause rebound scurvy; strange considering scurvy is a deficiency in Vitamin C. There is study after study that prove synthetic vitamins are not only not good for your health, but can actually be detrimental!

The British Heart Protection study tracked a large number of adults for 5 years. They found that people who regularly take antioxidants (vitamins A, C, and E) had no reduction in heart attacks, strokes, cancer, or diabetes. The researchers speculate that people may get more benefit from getting their daily requirement of vitamins from fruits and vegetables instead of a pill. In fact, each increment of 3 daily servings of fruits and vegetables equates to a 22% decrease in the risk of stroke. [6]

It would be difficult for even the healthiest individuals to get their entire daily allotment of all vitamins and minerals from foods. Many foods do not contain the vitamin content they once did. This is due to soil depletion, current farming methods, and methods of food production and preparation. [7] There is an alternative to make sure one is meeting
their daily requirement of vitamins: whole food vitamins—vitamins that are obtained directly from the foods!
The body is built to easily recognize and utilize whole food vitamins. There are vitamins available on the market today that show only whole food sources. For example: Vitamin C listing oranges, broccoli, black currants, and acerola cherries as the main ingredients. This ensures the vitamin is in the form nature intended, from food.

Has there ever been a study showing the negative side effects from the Vitamin C consumed from oranges or the Vitamin A consumed from carrots? They do not exist. The problems only arise when the consumer is taking a synthetic version of the vitamin. The Journal of the American Medical Association reports that every American needs to take a multi-vitamin. [8]

Which Looks Healthier?

In addition to the need for all-natural whole-food vitamins, there are other nutrients that are shown to promote healing within the body. When it comes to most any disease, certain nutrients can help the body to heal itself.

One study found that men consuming the most dietary selenium (whole food-based selenium) developed 65% fewer cases of advanced prostate cancer than did men with the lowest levels of selenium intake. [9]

Other nutrients that have been proven to help with prostate health include: zinc [10], lycopene [11], vitamin E [12], pygeum [13], stinging nettle [14], omega-3 fatty acids [15], and proteolytic enzymes [16].

ACTIVZ, as a whole food nutritional company, believes that the body has the ability to heal itself. It just needs to be given the proper nutrients. The body is an amazing device that wants to be healthy. If given the right nutrients the body has its own tremendous healing powers. It is easy to create more deficiencies or problems by taking the wrong kind of nutritional supplements. Make sure to read the labels on any products considered and as a good rule of thumb, if the ingredients are all chemical names (or unpronounceable) it would be wise to stay away.


7. Fletcher & Fairchild, "Vitamins or Chronic Disease Prevention in Adults". JAMA, June 19, 2002.


