

Orthomolecular Medicine News Service, January 12, 2016

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No Deaths from Supplements. No Deaths from Minerals. No Deaths from Amino Acids. No Deaths from Herbs.

by Andrew W. Saul, Editor

Not only are there no deaths from vitamins, there are also zero deaths from any supplement. The most recent (2014) information collected by the U.S. National Poison Data System, and published in the journal *Clinical Toxicology* (1), shows **no deaths whatsoever** from dietary supplements across the board.

No deaths from minerals

There were zero deaths from any dietary mineral supplement. This means there were no fatalities from calcium, magnesium, chromium, zinc, colloidal silver, selenium, iron, or multimineral supplements. Reported in the "Electrolyte and Mineral" category was a fatality from the medical use of "Sodium and sodium salts" and another fatality from non-supplemental iron, which was clearly and specifically excluded from the supplement category.

No deaths from any other nutritional supplement

Additionally, there were zero deaths from any amino acid or single-ingredient herbal product. This means no deaths at all from blue cohosh, echinacea, ginkgo biloba, ginseng, kava kava, St. John's wort, valerian, yohimbe, Asian medicines, ayurvedic medicines, or any other botanical. There were zero deaths from creatine, blue-green algae, glucosamine, chondroitin, or melatonin. There were zero deaths from any homeopathic remedy.

But when in doubt, blame a supplement. Any supplement.

There was one death attributed to a "Multi-Botanical Without Ma Huang or Citrus Aurantium." It is interesting that they knew what was not in it but did not know what **was** in it. This is hearsay at best, and scaremongering at worst. There was one death alleged from some "Unknown Dietary Supplement or Homeopathic Agent." This, too, indicates complete lack of certainty as to what may or may not have been involved. One fatality was attributed to "Energy Products: Unknown." First of all, energy drinks or "products" are not nutritional supplements. But more importantly, how can an accusation be based on the unknown? Equally unscientific are the two deaths attributed to "Energy Products: Other." Well, what products were they? These are no more than vague, unsubstantiated allegations. Claiming causation without even knowing what substance or ingredient to accuse is baseless.

The truth: no man, woman or child died from any nutritional supplement. Period.

If nutritional supplements are allegedly so "dangerous," as the FDA, the news media, and even some physicians still claim, then **where are the bodies?**

References:

Mowry JB, Spyker DA, Brooks DE et al. (2015) 2014 Annual Report of the American Association of Poison Control Centers' National Poison Data System (NPDS): 32nd Annual Report, Clinical Toxicology, 53:10, 962-1147, <http://dx.doi.org/10.3109/15563650.2015.1102927>.

The lengthy, full text article is also available for free download from https://aapcc.s3.amazonaws.com/pdfs/annual_reports/2014_AAPCC_NPDS_Annual_Report.pdf or from <http://www.aapcc.org/annual-reports/>.

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