

Taking Points Statistical Facts:

1. The FDA habitually ignores the dangerous side effects of prescribe drugs. A study published in the April 17, 2003 issue of The New England Journal of Medicine found one in four people who walk out of the doctor's office with a prescription may be headed for trouble from an adverse drug event, and more than a third of those unwanted and potentially dangerous side effects could have been prevented with better prescribing practices and doctor_patient communication. The FDA should put more attention on safeguarding consumers from the drug industry__ which is where the real danger lies__and on working with the AMA (American Medical Association) to encourage better communication between the pharmaceutical companies and physicians, and between physicians and patients.
2. Avoidable medical misadventure is the sixth most common cause of death. (Source: Center for Disease Control (CDC) - range 40,000 to 90,000). (Source: Ron Law, "Safety of Dietary Supplements" & "Risk relative to legal dietary supplements", May 2003, hasslberger.com to request article and graph).
3. Food poisoning/adverse reactions causes between 5,000 to 9,000 deaths per year. (Source: CDC and see 2.)
4. Dietary supplements have averaged less than 5 confirmed deaths per year over the past 25 years in the USA. Most of these relate to a single batch of genetically engineered tryptophan introduced in the late 1980's. (Source: CDC/FDA & see 2)
5. A wide range of dietary supplements are consumed by over 50% of the population in the USA. (Source: National Institute of Health (NIH) & see 2.
6. Dietary supplements have the potential to reduce death from cancers and heart disease by over 50%.. (Source: see 2)
7. Greater than 26,000 times more people die from preventable medical misadventure and properly regulated, properly prescribed and properly use drugs than from dietary supplements. (Source: see 2)
8. There was recent media report linking Ginkgo Biloba to the death of a heart patient due to cerebral hemorrhage. The patient had been taking Ginko for some time. He was taking blood thinning drugs which are notorious for causing cerebral hemorrhage. Contrary to media reports, papers obtained by the NNFA under the official information act revealed that the MARC did not find Ginkgo to be the cause of death. (Source: see 2)
9. Vets know and recommend not to feed your nutrient deficient leftovers to your pets - they'll get sick - so . . . all commercially prepared pet foods contain dietary supplements . . . Pastures and crops need dietary supplements (fertilizer) to grow well. Our regulators are trying to convince humans don't need dietary supplements. (Source: see 2)
10. Harvard University recently released a report on the prevention of cancer of the colon. Research showed folic acid supplementation reduces cancer of the colon by 75-80%. (Source: see 20)
11. John Hopkin's Medical Center's nutrition department recently stated, "Based on studies where people take a supplement, vitamin E seems to reduce risk of some cancers by 60 to 79%. Increased levels of vitamin E appear to decrease the amount of fat (lipids) in the arteries, and to reduce the risk of heart disease by 80 to 90%. Why is it we are being told we don't need supplements???? (Source: see 2)
12. Larry Clark, Arizona University found in a study, daily selenium supplement cut cancer mortality in half, leading to a 46 to 63 percent reduction in the incidence of lung, prostate and colorectal cancer, see web site: drlrnmium.org & see 2)
13. "The current evidence suggests people who take supplements and their children are healthier." Dr. G. Oakley, Center for Disease Control talking about 'standard' multivitamin (with folic acid) NEJM, April 1998. (Source: see 2)
14. Dietary Supplements are incredibly safe. You are less likely to die from taking a supplement risk 1%, than drying from bee stings risk 8%, sports injuries 20%, lightning 41%, animal bites 48%, house riding 52%, Penicillin Allergy 144%, etc.(Source: see 2)
15. One-fifth of US adults - roughly 47 million Americans - are increased risk of type 2 diabetes, heart disease and death. (Source: Get Smart HealthTalk Newsletter, May 6, 2003, getsmartvitamins.com.
16. A study which included nearly 9,000 adult men and women living in tthe US between 1998 and 1994, found that 22% . . . ages 20 to 79 had at least three symptoms characterized metabolic syndrome. Metabolic syndrome is a condition associated with an elevated risk of diabetes and heart disease. These symptoms include abdominal obesity or a thick waist, elevated blood fats know as triglycerides, low levels of HDL (healthy fats). (Source: see 15)