
Mayo Clinic Medical Edge

Vitamin A E and D

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WALK THE AISLES OF MANY RETAILERS AND YOU'RE LIKELY FIND ROW UPON ROW OF VITAMIN SUPPLEMENTS. CERTAINLY, VITAMINS ARE A KEY COMPONENT TO GOOD HEALTH. BUT CAN YOU GET TOO MUCH OF A GOOD THING? SOMETIMES. TAKE VITAMIN A, WHICH ALSO COMES FROM BETA-CAROTENE.
Donald Hensrud, M.D.	"IN FOOD, IN SMALL AMOUNTS, IT'S GOOD FOR YOU. BUT IN SUPPLEMENTS, WE DON'T RECOMMEND EITHER BETA-

	CAROTENE OR VITAMIN A.”
	MAYO CLINIC DR. DONALD HENSRUD SAYS THE SAME GOES FOR VITAMIN E. IN FACT, THERE MAY BE SOME RISK IN GETTING TOO MUCH. NOW VITAMIN D— WHICH IS IMPORTANT FOR BONE HEALTH—IS SOMETHING DR. HENSRUD FEELS WE COULD USE MORE OF.
Dr. Hensrud	“THERE ARE A FEW SUPPLEMENTS THAT ARE GOOD IN TERMS OF THEIR EFFECTS... A FEW THAT ARE BAD AND A WHOLE LOT THAT DON’T MAKE A HILL OF BEANS WORTH OF DIFFERENCE. IF PEOPLE STICK WITH A MULTI-VITAMIN, D, AND PERHAPS SOME CALCIUM, THOSE ARE PROBABLY THE BEST THAT THEY CAN DO.”
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN

	WILLIAMS.
--	-----------