



Media Watch

International Coverage of Story: Supplements Linked to Increased Cancer Risk

Dear Member,

The US and UK media have been reporting on a story in relation to a media statement by University of Colorado Cancer Centre researcher, Tim Byers, MD, MPH, who has described research that shows over-the-counter supplements may increase cancer risk if taken in excess of the recommended daily amount. Dr Byers cautions consumers to acknowledge that there may be “harm in excess.”

He states: “Nutrition experts urge anyone taking vitamin supplements to use them as just that. They should be paired with a healthy diet in order to make up for deficiencies, not to make up for a lack of eating fruits, vegetables, and whole grains. If taken at the correct dosage, multivitamins can be good for you. But there is no substitute for good, nutritional food.”¹

The original press release issued by the University of Colorado Cancer Centre can be found below.

[Dietary Supplements shown to increase cancer risk if taken in excess](#)

It appears that these results are not from a new study, but rather a linking of older studies that have indicated increased risk for cancer. Unfortunately, this is still leading to sensationalist headlines in the international media. A sample of the media stories can be found below:

[CBS News](#)

[Medical Daily](#)

[UK Mirror](#)

[The Times UK](#)

[UK Express](#)

CMA is monitoring the Australian press and preparing a statement should this story gain wide coverage here.

ENDS

¹ Source: Byers T, et al. At The Annual Meeting of the American Association for Cancer Research. 2015.