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NPAinfo.org

NEWS RELEASE

For Immediate Release
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New Supplement Study is “Fake Science” Makes Misleading Claims About Health Benefits of Nutritional Supplements

WASHINGTON, D.C. – A new study published in the [Annals of Internal Medicine](#) observed an unhealthy patient population – including cancer survivors and people in generally poor health – to make misleading claims about the health benefits of nutritional supplements.

“This is fake science and it’s spreading misleading information to the general public. The first line of defense against disease is a balanced healthy lifestyle, and supplements are important for the vast majority of Americans who may not receive the recommended daily nutrients from diet alone,” said Daniel Fabricant, Ph.D., President and CEO of NPA.

Poor diet in those already diagnosed with cancer in the past was a major confounder in the study. The participants were more likely to be cancer survivors, smokers, physically inactive, diabetic, and in poor general health. The trend toward higher risk of death with an increasing number of supplements was not statistically significant in the sample size of 30,000. Furthermore, the use of vitamin E supplements in combination with multivitamins was associated with lower risk of death.

Americans Are Undernourished

- 13.1 million children lived in food-insecure households in 2015
- 80 percent of Americans don’t receive the daily recommended nutrients from diet alone
- Over 50 percent of American children don’t get enough vitamins D and E
- Over 25 percent of American children don’t get enough calcium, magnesium or vitamin A

Schedule an Interview

To schedule an interview with Dr. Fabricant immediately, please contact Justin Bartolomeo at 202-789-4365 or jbartolomeo@hdmk.org

Daniel Fabricant is a Leading Expert in the Field of Dietary Supplement Use and Regulation

Dr. Fabricant has more than a decade of regulatory, legislative and scientific experience in the natural products industry. Prior to being named President and CEO of NPA, the nation’s largest and oldest trade organization representing the natural products industry, Dr. Fabricant directed agency policy, public affairs and regulatory action regarding regulation of the dietary supplement industry for more than three years at the FDA. While with the agency, he successfully navigated the large, heavily-matrixed



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governmental organizational structure to bring life to a regulatory function that was non-existent for almost 20 years. Before his time at the FDA, Dr. Fabricant was vice president, global government and scientific affairs, for NPA, responsible for establishing and leading industry coalitions dealing with a range of issues. Dr. Fabricant is internationally recognized for his regulatory and governmental public health expertise and natural products research.

Natural Products Association

The **Natural Products Association (NPA)** is *the* trade association representing the entire natural products industry. We advocate for our members who supply, manufacture and sell natural ingredients or products for consumers. The Natural Products Association promotes good manufacturing practices as part of the growth and success of the industry. Founded in 1936, NPA represents approximately 1,000 members accounting for more than 10,000 locations of retailers, manufacturers, wholesalers and distributors of natural products, including foods, dietary supplements and health/beauty aids.

Natural Products Association: 440 1st Street, NW, Ste. 520, Washington, DC, 20001

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