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## NEWS RELEASE

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# New WHO Guidelines Get it Wrong on Dementia and Nutritional Supplements, says NPA

**WASHINGTON, D.C.**– The Natural Products Association (NPA) today rejected new guidelines by the World Health Organization implying that nutritional supplements do not support cognitive function.

“The WHO is right that tobacco and alcohol use, high cholesterol and diabetes are the largest modifiable risk factors for dementia. The largest overall contributors or risk factors are genetics, having a positive family history for dementia and cognitive decline, and age. Furthermore, vitamin and mineral supplements were never intended to treat diseases but suggesting they do not play a role in supporting cognitive health, especially in older individuals, is misguided. Recent studies have shown that not getting enough vitamin D can double the risk of developing dementia and Alzheimer's disease. Finally, even though the WHO report cites vitamin B12 deficiency as a risk factor for dementia, it does not recommend its use to supplement the deficiency,” said Daniel Fabricant, Ph.D., President and CEO of NPA.

### **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. Visit [www.npanational.org](http://www.npanational.org).