

Health NEWS YOU CAN USE

Preventive Health Benefits Of Vitamins, From A To K

(NAPSA)—For many elderly Americans looking to save health-care dollars, the solution for continued good health and lowered healthcare expenses may be in their vitamins.

A new study, the first of its kind, has quantified the preventive health benefits of multivitamins, indicating that increased daily multivitamin intake by older adults could lead to more than \$1.6 billion in Medicare savings over the next five years.

“When conducting studies of this nature, finding any cost savings for preventive measures is unusual, and finding cost savings of this magnitude is very rare,” said Allen Dobson, Ph.D., senior vice president and director of healthcare finance at The Lewin Group.

The study included a systematic literature review of the most rigorous research available and examined the health effects of daily multivitamin use among adults over 65 years old. Over a five-year period from 2004-2008, the study results show potential savings from a reduction in hospi-

talizations for heart attacks, as well as Medicare nursing home stays and home healthcare associated with infection.

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Mounting science indicates that daily multivitamin intake is safe and could help strengthen immunity and reduce the risk of diseases such as heart disease, cancer and osteoporosis.

“Despite our efforts to maintain a healthy diet, research indicates most of us fall short of getting the vitamins and minerals we need,” said David Heber, M.D., Ph.D., director of the UCLA Center for Human Nutrition. “A daily multivitamin is a simple and cost-effective tool to promote health and help prevent chronic disease.”

For more information on how vitamin and mineral supplementation can help improve your health, visit www.centrum.com.