

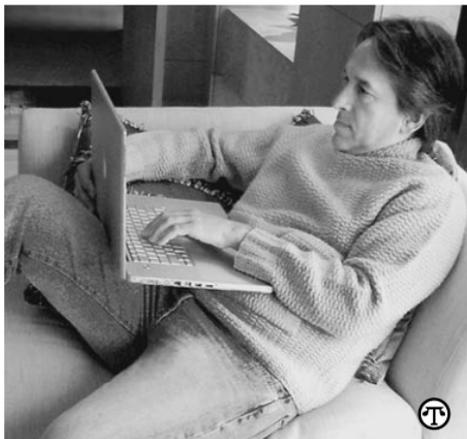
# Consumer Corner

## Resources For Health-Conscious Consumers

(NAPSA)—It is estimated that 52 million Americans consult the Internet for health and medical research and the number of Internet surfers keeps on growing. Many argue, however, that it is difficult to identify credible information among the many resources the Internet has to offer.

Fortunately, when looking for information on vitamins and nutraceuticals, there is a one-stop reliable solution. Information-seeking consumers can rely on the Vitamin & Nutraceutical Information Service (VNIS) at [www.VNIS.org](http://www.VNIS.org), which offers in-depth information on all 13 vitamins and a host of important nutrients including carotenoids: lycopene, lutein and zeaxanthin; omega-3 fatty acids; probiotics; soy isoflavones; green tea extract (also known as EGCG); and co-enzyme Q10.

Since 1979, the VNIS has been disseminating credible, science-based information on vitamins and nutrition to health professionals, researchers, nutrition policy makers and people of influence throughout the U.S. Now, the extensive library is also accessible online.



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All the information online is cross-referenced so that it can be accessed by health topic (e.g., Bone Health, Heart Health, etc.); by life stage (e.g., Men's Health, Women's Health, Aging, etc.) or by the specific vitamin or nutrient name. Each section provides basic descriptive information plus downloadable educational materials, bibliographies of scientific resources, and, in some cases, consumer education brochures.

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