

# Taking Supplements Does Not Guarantee Health Benefits, Research Finds

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Category : Health

## Unlocking Word Meanings

Read the following words/expressions found in today’s article.

- 1. **detrimental** / **detriˈment(ə)l** / (adj) – causing harm  
Example: Taking medicine without a doctor’s advice can be **detrimental**.
- 2. **slight** / **slart** / (adj) – very small in amount  
Example: There was a **slight** increase in his temperature.
- 3. **ward off** / **wɔːrd ɔf** / (phrasal) – to avoid being harmed by someone or something  
Example: You should take some vitamins to **ward off** the flu.
- 4. **placebo** / **pləˈsiːboʊ** / (n) – a substance taken like medicine but does nothing to improve a patient’s condition  
Example: The doctor gave the patient a **placebo** to make her feel better.
- 5. **portion** / **ˈpɔːr-ʃən, ˈpoʊr** / (n) – a part of a bigger amount  
Example: When I’m on a diet, I eat smaller **portions** of rice.

## Article

Read the text below.

サプリメントは人々の健康には有益にはならない(beneficial : 有益)

Taking vitamin and mineral supplements is not necessarily beneficial to one’s health, a new study suggests.

実行された一連のテストに関わっていた(carry out : 実行する series of : 一連の)

The study, which was published in the *Journal of the American College of Cardiology*, involved a series of tests carried out from January 2012 to October 2017.

～を調査した(examine : 調査する、調べる)

Researchers from St. Michael’s Hospital and the University of Toronto examined vitamins A, B1, B2, B3, B6, B9, C, D, and E. Minerals such as β (beta)-carotene, calcium, iron, zinc, magnesium, and selenium were also analyzed. These supplements had the highest consumption among the public.

人々の間で高い消費率であった 発作、心臓病、心血管の病氣に対して何も抵抗しなかった(stroke : 発作、まひ) 早すぎる死に対してでさえも(premature : 早すぎる～) 心血管のリスクを減少させるはずであった

Findings showed that calcium and vitamins C and D did nothing to fight against stroke, heart attack, cardiovascular disease, and even premature death. The researchers also found that vitamin B3, which is supposed to reduce the risk of cardiovascular disease and cholesterol levels, can be **detrimental**. This is because it can cause a spike in blood sugar levels and a **slight** rise in the risk of death.

有害になり得る(detrimental : 有害) 急激な血糖値の上昇と死のリスクをわずかながら上昇させる(blood sugar level : 血糖値 slight : 微量、ほんの少し)

On the other hand, vitamin B9 proved to be effective in **warding off** stroke and heart disease.

発作や心臓病を回避するには有効と示された(prove : 示す、証明する ward off : 回避する、防ぐ)

Lead author Dr. David Jenkins shared that the researchers did not expect such few benefits from the consumption of the usual supplements. Additionally, New York University professor Marion Nestle said that these supplements are mere **placebos**, which make people think that their health is improving. Instead of depending on supplements for nutrients, Dr. Jenkins recommended relying on healthy **portions** of vegetables, fruits, and nuts.

人々におなじみのサプリメントの消費からの幾つかの効果を予期はしていなかった これらのサプリメントは単なる気休め(mere : 単なる placebo : 気休め)

服用した事により、彼らの健康が向上したと思わせる 栄養補給の為にサプリメントに依存する代わりに(depend : 依存 nutrient : 栄養素) 健康的な野菜の一部、果物、そして木の実に頼ることを推奨した(portion : ～の一部)

On another note, a 2013 survey found that over 50% of Americans take supplements, while a 2017 study revealed that 29% of senior adults tend to take at least four different supplements.

## Viewpoint Discussion

Enjoy a discussion with your tutor.

### Discussion A

- Do you think that the study’s findings will affect the credibility of supplement manufacturers? Why or why not?

