

Uncommon knowledge

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Boston Globe:

DIETARY SUPPLEMENTS may or may not supplement one's health, but they can have at least one serious side effect: bad behavior. Researchers offered people either a multivitamin or a pill that they were told was a placebo – although both pills were actually placebos. Those in the multivitamin group reported feeling more invulnerable and, in turn, reported more interest in hedonistic activities and less interest in healthy eating and exercise. Indeed, in an actual walking task, they ended up walking a lot less.

Read more: [*Boston Globe*](#)