Vitamins bad for health, experts claim

August 19, 2011

Mirror:

VITAMIN pills can be bad for you – because you're more likely to indulge bad habits.

People on supplements tend to engage in more potentially harmful activities such as casual sex or excessive eating and drinking, a study found. They think taking the pills gives them a "licence to indulge". Experts say this explains why supplements' popularity is not reflected in public health improvements. Drug firms say almost half all Brits take vitamins, spending £400million on them last year.

The researchers gave placebos to 82 volunteers and told half that their pills were fakes. The rest, who thought they were taking vitamins, felt more "invincible" than the first group.

Read the whole story: *[Mirror](#)*