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Contacts: Judy Blatman at 202-204-7962
MJ Wyatt at 212-661-9610 – mjwyatt@erols.com
Amy Briskin at 212-794-6644 – abriskin@aol.com

**VITAMIN E HAS POTENTIAL TO PREVENT CERTAIN CANCERS
— One of the Most Promising Agents Studied So Far —**

NEW YORK, *January 27, 2005* — “Vitamin E supplementation may have a profound effect on reducing the burden of several major cancers,” said Mark Moyad, M.D., M.P.H. He told a group of reporters here today that not only may vitamin E reduce an individual’s risk of getting certain cancers, but it may also reduce the risk of dying from those diseases.

The prostate cancer expert spoke at a health and science writers’ workshop on vitamin E and health at the New York Academy of Sciences sponsored by the Council for Responsible Nutrition. Dr. Moyad is the Phil F. Jenkins Director of Preventive & Alternative Medicine at the University of Michigan Medical Center (Department of Urology).

He told the writers, “Cancer has now surpassed heart disease as the number one cause of mortality. Therefore, it is imperative that more basic science and clinical research is not only funded but also initiated on potential cancer prevention agents, or on agents that slow the progression of existing cancer. The National Cancer Institute and the American Cancer Society estimate that there will be over 63,000 new cases of bladder cancer (the fourth most common cancer), and that over 13,000 individuals will die from this disease in 2005. Interestingly, several large epidemiologic studies have demonstrated

that long-term use of vitamin E supplements may reduce the risk of bladder cancer.”

Dr. Moyad said that many researchers were surprised in 1998 when the results of the ATBC trial, or Alpha-Tocopherol (vitamin E) Beta-Carotene Trial, were published. This trial, completed in Finland with over 29,000 men, found that vitamin E reduced the risk of prostate cancer by 32% and deaths from prostate cancer by 41% compared to placebo. Because of that and several other studies, the National Cancer Institute decided to fund the SELECT Trial, which includes approximately 32,000 men on vitamin E (400 IU), selenium (200 mcg), the combination, or placebo for 7-12 years. Although this trial began only a few years ago, recruitment has actually completed several years early, making it one of the fastest trials filled to capacity in the history of this country.

“The potential for vitamin E, or vitamin E in combination with other agents, to reduce the risk of several of leading cancer killers is indeed interesting,” Dr. Moyad told the group. “In fact, the results of the SUVIMAX French randomized study were published in the past several weeks. In healthy men taking a combination supplement that included vitamin E versus others who took placebo, the seven and a half year study showed not only a reduction in total cancer risk, but also a reduction in overall mortality.”

Dr. Moyad concluded, “Because of its low cost and the ease with which it can be purchased, vitamin E has to be one of the most potentially effective cancer prevention agents studied to date.”

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Note to Editor: The Council for Responsible Nutrition (CRN), founded in 1973, is a Washington, D.C.-based trade association representing dietary supplement industry ingredient suppliers and manufacturers. CRN members adhere to a strong code of ethics, comply with dosage limits and manufacture dietary supplements to high quality standards under good manufacturing practices. For more information on CRN, visit <http://www.crnusa.org>.