

How do we avoid spending money in nutritional supplements that do not work? ^[1]

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In a recent article titled *Enough Is Enough: Stop Wasting Money on Vitamin and Mineral Supplements* published in the *Annals of Internal Medicine*, written by Eliseo Guallar, Lawrence Appel, Edgar Miller (Johns Hopkins Bloomberg School of Public Health), Saverio Stranges (Warwick Medical School, UK), and Cynthia Mulrow (American College of Physicians) highlight the scientific evidence that nutritional supplements do not work to prevent chronic illnesses.

The original version of this article is in Spanish. You can read it by clicking on ESPAÑOL at the top right corner of your screen. You can also contact us at contact@cienciapr.org [4].

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