

CHAPTER 8

VITAMINS

REAL LIFE SCENARIO

Kristen works nights at a local package distribution center to make some extra money. The combination of taking a full course load at college and working nights has created a lot of stress for her. Kristen's many commitments also make it important that she not become ill. On a recent coffee break at her job, a co-worker suggested she take *Nutramega* supplements to help prevent colds, flu, and other illnesses. The product's label suggests that *Nutramega* helps prevent such problems, especially those associated with the changing of seasons. The label recommends taking two to three tablets every 3 hours at the first sign of a decline in well being, and two to three tablets daily for health maintenance. Kristen looks at the Supplement Facts label on the bottle and finds that each tablet contains (as percent of Daily Value): 33% for vitamin A (three-quarters of which is preformed vitamin A), 700% for vitamin C, 50% for zinc, and 10% for selenium. A month's supply also costs about \$50.

Should Kristen use this product? Are there health risks associated with this product, especially considering the dosage recommended on the label?