Vitamin E Shown To INCREASE Risk Of Prostate Cancer In Clinical Trial.

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Results of a large study done see if vitamin E or selenium could **prevent** prostate cancer has actually shown the opposite result! The SELECT study was done to follow-up on a smaller study that indicated vitamin E might reduce prostate cancer risk. The SELECT study results indicate that vitamin E, taken at the levels used in the trial (400 IU/d of all *rac*-α-tocopheryl acetate) may **increase** the risk of prostate cancer. Men who take vitamin E supplements should discuss the impact of these results with their physician.

Source
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