

VENICE PLASTIC SURGERY

A.E. HAAS, M.D.

Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

Vitamins are toxic

Taking 10 times the recommended daily dose of vitamin C may not be toxic because you simply urinate out the extra. Doing the same for vitamin D is highly toxic, especially if continued for several months. Although the toxicity of vitamin C is low there are problems with excessive intake. People develop diarrhea. Kidney stones are known to occur. Another side effect is that high doses of C interferes with the absorption of vitamin B 12.

The recommended adult daily allowance for vitamin D is 5 micrograms. Taking a supplement of 20 may be useful for adults lacking good food sources but 50 or more a day is clearly a health risk if taken for long periods of time. Many systems are adversely effected including the heart and kidneys. Deaths have been reported. Kidney stones may form, blood pressure can go up and nausea, weakness and a lot of other serious problems can result.

The most important thing to keep in mind is that every nutrient is required in a specific amount. A deficiency will cause a problem and excessive intake will cause a problem. Additionally, unnecessary supplements will flatten your wallet. Why bother taking something you do not require unless you are particularly interested in the financial success of that store from which you purchase your vitamins.

We all know that water is good for you. Here again people think that drinking a lot is better. Think again. People die every day from fluid overload. This is especially true for those individuals with some form of heart failure. People with some lung and liver conditions are more susceptible to death from fluid overload. Medical conditions vary. Some require nutritional supplements and others necessitate the avoidance of certain nutrients.

I highly recommend that you talk to your doctor or dietician if you have any medical problems or concerns about nutritional supplements.

**The above represents the opinion of A. E. Haas, M.D.
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Just call us directly. No referral needed unless required by your insurance company

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