# GP warns against daily multivitamins and celebrity vitamin drips



In a recent public statement, General Practitioner Dr Asif Ahmed raised concerns regarding the use of daily multivitamins and other popular supplements, suggesting they may increase the risk of early death. His remarks were made on social media, where he referred to these supplements as "risky and useless".

Dr Ahmed highlighted findings from a significant study conducted by scientists at the National Cancer Institute in Maryland, which tracked participants over a 20-year period. The research indicated that individuals taking a daily multivitamin experienced a four per cent higher risk of mortality, with no evidence demonstrating that these supplements contributed to prolonging life. Speaking to his 84,000 followers on Instagram, Dr Ahmed asserted, "These supplements aren't going to work, you're just wasting your money."

The potential inefficacy of multivitamins also extends to the body’s ability to absorb nutrients effectively. Dr Ahmed explained that because these supplements typically combine numerous vitamins and minerals, they compete for absorption in the digestive system, leading to minimal benefits. He stated, “With all these vitamins and minerals in one place they're competing for absorption so you end up absorbing none of them and just waste them.”

In addition to multivitamins, Dr Ahmed advised against vitamin drips, which have gained popularity among some celebrities and can cost up to £2,000. These intravenous infusions are marketed as a means to enhance immunity and vitality while purportedly curing hangovers. However, according to Dr Ahmed, their real benefit stems primarily from the hydration provided by the fluid rather than the vitamins and minerals administered. “Often people say after they've had it they feel better,” he noted, “that's likely because they're getting the hydration that they needed.” He warns that the rapid introduction of large quantities of vitamins into the bloodstream could present health risks, including anaphylaxis— a severe allergic reaction that can occur even in individuals who have never experienced allergies before.

Dr Ahmed further scrutinised weight loss powders, particularly mentioning a popular brand, Unicity. These products suggest that when combined with a low-calorie diet, they could enhance weight loss efforts. However, Dr Ahmed remarked, “If you're going to lose weight it's because of the fasting. The powder is unlikely to do anything,” rendering the £200 monthly cost unjustifiable in his view.

According to a Food Standards Agency poll, approximately half of all adults in the UK regularly take some form of vitamin, mineral, or food supplement. Nonetheless, research has repeatedly indicated that these products yield limited benefits. A 2018 study published in the Journal of the American College of Cardiology concluded that widely consumed supplements like multivitamins, vitamin D, calcium, and vitamin C did not significantly affect the risk of cardiovascular diseases or early mortality. The study pointed to certain B vitamins and folate—commonly found in leafy greens and eggs—as potentially beneficial to heart health; however, the authors described the quality of the evidence as low to moderate.

The NHS maintains that most individuals can meet their nutritional needs through a varied and balanced diet, reflecting an ongoing debate about the efficacy of dietary supplements in promoting health and well-being.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://pmc.ncbi.nlm.nih.gov/articles/PMC5241405/> - This article discusses the potential side effects and inefficacy of vitamins, including an increased risk of certain health conditions associated with high doses of some vitamins. It highlights the importance of considering the safety and effectiveness of dietary supplements.
* <https://www.mass.gov/guide-to-evidence/article-xi-miscellaneous> - Although unrelated to the article content, this source illustrates legal aspects related to evidence admissibility and might indirectly relate to discussions on scientific and health-related studies through legal frameworks.
* <https://newsukraine.rbc.ua/news/top-3-vitamins-to-boost-your-health-and-prevent-1736690564.html> - This article touches on the benefits of certain supplements and the role of doctors in advising their use, contrasting with Dr. Ahmed's stance but supporting the idea that not all supplements are necessary for everyone.
* <https://pmc.ncbi.nlm.nih.gov/articles/PMC10311201/> - This source is unrelated to the content but demonstrates a different aspect of data collection and analysis in research settings, which could indirectly apply to health studies.
* <https://www.instagram.com/dra_says/reel/DIMYKq5KsOW/> - This Instagram post touches on the topic of IV vitamin drips, which are mentioned in the article as being criticized by Dr. Ahmed. It suggests that any perceived benefits might be due to hydration rather than the vitamins themselves.