

Mayo Clinic Minute

Do heart supplements work?

Video	Audio
	Which dietary supplements should you take to improve heart health? Well, research shows none.
M. Hassan Murad, M.D. Preventive Medicine Mayo Clinic	"There's really no supplement that can prevent heart disease at the present time."
	Dr. M. Hassan Murad and his team analyzed 277 studies, and found that supplements such as multivitamins, vitamin E, D and vitamin B don't improve heart health.
	"Several of the interventions that we used to do in terms of diet and nutritional supplements that with them to protect our hearts actually do not have evidence to support them."
	They did find that omega-3 polyunsaturated fatty acids found in some fish and walnuts may reduce the risk of heart attack, but healthy lifestyle choices are the main strategies.
	"Out of all the things that we studied, salt reduction was the one that found to be most effective."
	Dr. Murad says regular exercise; not smoking; limiting alcohol; and eating a diet rich in fruits, vegetables, whole grains, healthy oils and lean meats can help reduce your risk of heart disease.
	For the Mayo Clinic News Network, I'm Jason Howland.