

	Vitamin C + molybdenum											1.04 (0.88–1.24)	–
	β-Carotene + selenium + α-tocopherol											0.91 (0.76–1.07)	–
Hypertension	Retinol + zinc + riboflavin + niacin vs. placebo	29 584†	–	–	–	–	–	–	–	–	–	Isolated systolic: 1.08 (0.85–1.38)	–
												Isolated diastolic: 0.94 (0.70–1.26)	–
												Both systolic and diastolic: 1.08 (0.87–1.35)	–
	Retinol + zinc + vitamin C + molybdenum vs. placebo				–	–	–	–	–	–	–	Isolated systolic: 1.11 (0.88–1.41)	–
												Isolated diastolic: 0.94 (0.70–1.26)	–
												Both systolic and diastolic: 0.93 (0.74–1.16)	–
	Retinol + zinc + β-carotene + selenium + α-tocopherol vs. placebo				–	–	–	–	–	–	–	Isolated systolic: 1.07 (0.85–1.36)	–
												Isolated diastolic: 1.23 (0.93–1.62)	–
												Both systolic and diastolic: 1.01 (0.81–1.26)	–
	Riboflavin + niacin + vitamin C + molybdenum vs. placebo				–	–	–	–	–	–	–	Isolated systolic: 0.96 (0.76–1.22)	–
												Isolated diastolic: 0.68 (0.50–0.94)	–
												Both systolic and diastolic: 0.92 (0.74–1.15)	–

	Riboflavin + niacin + β-carotene + selenium + α-tocopherol vs. placebo	-	-	-	-	-	-	-	-	Isolated systolic: 0.98 (0.77–1.25)	-
										Isolated diastolic: 0.90 (0.67–1.22)	-
										Both systolic and diastolic: 1.03 (0.82–1.28)	-
	Vitamin C + molybdenum + β-carotene + selenium + α-tocopherol vs. placebo	-	-	-	-	-	-	-	-	Isolated systolic: 0.93 (0.73–1.19)	-
										Isolated diastolic: 1.13 (0.86–1.50)	-
										Both systolic and diastolic: 0.85 (0.67–1.06)	-
	Retinol + zinc + riboflavin + niacin + vitamin C + molybdenum + β-carotene + selenium + α-tocopherol vs. placebo	-	-	-	-	-	-	-	-	Isolated systolic: 0.91 (0.71–1.16)	-
										Isolated diastolic: 1.10 (0.84–1.47)	-
										Both systolic and diastolic: 0.97 (0.77–1.20)	-
	Retinol + zinc	-	-	-	-	-	-	-	-	Isolated systolic: 1.07 (0.96–1.21)	-
										Isolated diastolic: 1.13 (0.98–1.31)	-
										Both systolic and diastolic: 1.05 (0.94–1.18)	-
	Riboflavin + niacin	-	-	-	-	-	-	-	-	Isolated systolic: 0.95 (0.85–1.08)	-

												Isolated diastolic: 0.84 (0.73–0.98)	–
												Both systolic and diastolic: 1.05 (0.94–1.18)	–
	Vitamin C + molybdenum											Isolated systolic: 0.94 (0.84–1.07)	–
												Isolated diastolic: 0.95 (0.82–1.10)	–
												Both systolic and diastolic: 0.89 (0.79–0.99)	–
	β-Carotene + selenium + α-tocopherol											Isolated systolic: 0.93 (0.83–1.05)	–
												Isolated diastolic: 1.23 (1.06–1.42)	–
												Both systolic and diastolic: 0.98 (0.87–1.09)	–
SU.VI.MAX (23)	Ischemic cardiovascular disease incidence	Vitamin C + vitamin E + β-carotene + selenium + zinc vs. placebo		6364	6377	134	137	–	–	–	–	0.97 (0.77–1.20)	–
SU.VI.MAX (25)	Hypertension†	Vitamin C + vitamin E + β-carotene + selenium + zinc vs. placebo	Women	1502	1431	–	–	–	–	Year 1: 19.4	Year 1: 20.8	–	1.10 (0.95–1.29)
			Men	1117	1431	–	–	–	–	Year 6: 34.6	Year 6: 32.4	–	1.04 (0.87–1.23)
										Year 1: 44.7	Year 1: 42.0	–	
										Year 6: 54.6	Year 6: 53.8	–	

* Comparisons were made between the groups receiving the combination of the listed nutrients and groups receiving combinations of placebo or nutrients other than the nutrients listed. – = not reported; SU.VI.MAX= Supplémentation en Vitamines et Minéraux AntioXydants.

† The number of participants in each randomized group was not reported.

‡ Defined as systolic blood pressure ≥ 140 mm Hg, diastolic blood pressure ≥ 90 mm Hg, or antihypertensive drug use at the end of the study.