

Appendix Table 2. Efficacy of Multivitamin and Mineral Supplement Use in Primary Prevention of Cardiovascular Disease and Hypertension*

Study (Reference)	Disease End Point	Study Supplement	Participants, <i>n</i>			Disease Events, <i>n</i>		Incidence of Disease End Point, <i>n per 1000 persons</i>		Prevalence of Disease End Point, %		Unadjusted Relative Risk (95% CI)	Unadjusted Odds Ratio (95% CI)
			Total	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients		
Linxian General Population Trial (21)	Death from stroke	Retinol + zinc + riboflavin + niacin vs. placebo	29 584†	–	–	66	77	3.5	4.1	–	–	0.85 (0.61–1.18)	–
		Retinol + zinc + vitamin C + molybdenum vs. placebo				71	77	3.8	4.1	–	–	0.91 (0.66–1.27)	–
		Retinol + zinc + β-carotene + selenium + α-tocopherol vs. placebo				55	77	2.9	4.1	–	–	0.71 (0.50–1.00)	–
		Riboflavin + niacin + vitamin C + molybdenum vs. placebo				60	77	3.2	4.1	–	–	0.78 (0.55–1.09)	–
		Riboflavin + niacin + β-carotene + selenium + α-tocopherol vs. placebo				58	77	3.1	4.1	–	–	0.75 (0.53–1.05)	–
		Vitamin C + molybdenum + β-carotene + selenium + α-tocopherol vs. placebo				67	77	3.6	4.1	–	–	0.86 (0.62–1.20)	–
		Retinol + zinc + riboflavin + niacin + vitamin C + molybdenum + β-carotene + selenium + α-tocopherol vs. placebo				69	77	3.7	4.1	–	–	0.88 (0.64–1.22)	–
		Retinol + zinc				–	–	–	–	–	–	0.99 (0.84–1.18)	–
		Riboflavin + niacin										0.94 (0.79–1.11)	–

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Appendix Table 2—Continued

Study (Reference)	Disease End Point	Study Supplement	Participants, <i>n</i>		Disease Events, <i>n</i>		Incidence of Disease End Point, <i>n per 1000 persons</i>		Prevalence of Disease End Point, %		Unadjusted Relative Risk (95% CI)	Unadjusted Odds Ratio (95% CI)
			Total	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients	Received Supplements with Specified Nutrients		
		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)	–

Appendix Table 2—Continued

Study (Reference)	Disease End Point	Study Supplement	Participants, <i>n</i>		Disease Events, <i>n</i>		Incidence of Disease End Point, <i>n per 1000 persons</i>		Prevalence of Disease End Point, %		Unadjusted Relative Risk (95% CI)	Unadjusted Odds Ratio (95% CI)
			Total	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients	Received Supplements with Specified Nutrients		
		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)	–

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Appendix Table 2—Continued

Study (Reference)	Disease End Point	Study Supplement	Participants, <i>n</i>			Disease Events, <i>n</i>		Incidence of Disease End Point, <i>n per 1000 persons</i>		Prevalence of Disease End Point, %		Unadjusted Relative Risk (95% CI)	Unadjusted Odds Ratio (95% CI)
			Total	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients	Received Supplements with Specified Nutrients	Received Supplements without Specified Nutrients		
		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 = SUplémentation 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.