



[Am J Clin Nutr.](#) 2012 Dec 19. [Epub ahead of print]

**Multivitamin-multimineral supplementation and mortality: a meta-analysis of randomized controlled trials.**

[Macpherson H](#), [Pipinqas A](#), [Pase MP](#).

Center for Human Psychopharmacology, Swinburne University of Technology, Hawthorn, Australia.

## RESULTS:

The average age of the pooled sample was 62 y, and the average duration of supplementation was 43 mo. Across all studies, **no effect of multivitamin-multimineral treatment on all-cause mortality** (RR: 0.98; 95% CI: 0.94, 1.02) was observed. **There was a trend for a reduced risk of all-cause mortality** across primary prevention trials (RR: 0.94; 95% CI: 0.89, 1.00). Multivitamin-multimineral treatment had **no effect on mortality due to vascular causes** (RR: 1.01; 95% CI: 0.93, 1.09) **or cancer** (RR: 0.96; 95% CI: 0.88, 1.04). No statistical evidence of heterogeneity or publication bias was observed.