

# Nutrition Action

NOVEMBER 2009  
\$2.50HEALTH LETTER™  
CENTER FOR SCIENCE IN THE PUBLIC INTEREST

## From Sun & Sea

NEW STUDY PUTS VITAMIN D &amp; OMEGA-3S TO THE TEST

BY BONNIE LIEBMAN

Illustration: The Page Group, Inc.

"They're two of the most promising nutrients available for the prevention of cardiovascular disease and cancer," says JoAnn E. Manson, professor of medicine at the Harvard Medical School and chief of the Division of Preventive Medicine at Brigham and Women's Hospital in Boston. That's an understatement.

Manson is a principal investigator for the new VITAL trial (VITamin D and Omega-3 TriaL), which will test vitamin D and omega-3 fats from fish oil on heart disease, stroke, and cancers, especially of the colon, breast, and prostate. But the trial will also look at the supplements' effect on other illnesses.

"We're also interested in studying diabetes, high blood pressure, bone density, vision, memory loss, depression, autoimmune diseases, and other health outcomes," says Manson.

And you may be eligible to participate.

Continued on p. 3.

