

# Study: Clear Link Between Heavy Vitamin B Intake and Lung Cancer

Long-term use of high-dose supplements more than triples risk in male smokers

**\*Note: Embargoed until Tuesday August 22, 2017 at 4:00 p.m. eastern**

The Ohio State University Comprehensive Cancer Center –  
Arthur G. James Cancer Hospital & Richard J. Solove Research Institute

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| Package Length: 1:50   | Content provided by: <b>The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute</b> |

## NEWS PACKAGE


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| <b>SUGGESTED TEASE</b>   | STILL TO COME, IT'S ONE OF THE MOST POPULAR VITAMIN SUPPLEMENTS ON THE <a href="#">MARKET</a> <sup>1</sup> BUT A NEW STUDY SHOWS IT CAN POSE A SERIOUS RISK IN SOME MEN. DETAILS NEXT IN HEALTH NEWS.  |
| <b>ANCHOR LEAD</b>   | <hr/> <p>B-VITAMINS ARE SOME OF THE MOST POPULAR SUPPLEMENTS SOLD IN DRUG STORES.</p> <p>MANY PEOPLE BUY VITAMIN B6 AND B12, FOR EXAMPLE BECAUSE THEY ARE MARKETED AS A WAY TO BOOST ENERGY LEVELS.</p> <p>BUT A NEW STUDY<sup>2</sup> SHOWS THAT USING TOO MUCH OF CERTAIN B VITAMINS FOR TOO LONG, CAN TRIPLE TO QUADRUPLE LUNG CANCER RISK AMONG MALE SMOKERS.</p> <p>CLARK POWELL HAS DETAILS.</p> <hr/> |
| <b>(PACKAGE START) -----</b>   | (Nats - Taking vitamin) :02  |
| <b>CG: Courtesy: The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute</b><br>:00 - :02  | IN A STUDY THAT FOLLOWED MORE THAN 77-THOUSAND PEOPLE FOR MORE THAN A DECADE, RESEARCHERS NOTICED A TROUBLING TREND - WHEN IT COMES TO ONE OF THE MOST POPULAR VITAMIN SUPPLEMENTS ON THE MARKET :10   |
| Shots of man taking vitamin  | <i>“What we found was that men who had used dietary supplements, in particular B6 and also vitamin B12 were at significant increased risk of developing lung cancer.”</i>  |
| Close up of vitamin B bottle   | :13  |
| <b>CG: Theodore Brasky, PhD</b><br>The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute | SURPRISINGLY, THERE WAS <b>NO</b> RISK FOUND IN WOMEN - BUT IN <u>MEN</u> - THOSE WHO TOOK HIGH DOSES OF THESE B VITAMINS FOR UP TO 10 YEARS HAD APPROXIMATELY DOUBLE THE RISK OF  |
| Shot of exam freeze for graphic  |  |
| High Doses of Vitamin B6 & B12   |  |

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| <p>Men had a approximately double the risk of lung cancer<br/>Men who smoke, risk is more than 3-4 times as great</p> | <p>DEVELOPING LUNG CANCER.<br/>IN MEN WHO SMOKED, THE RISK WAS WAS THREE TO FOUR TIMES GREATER, DEPENDING ON WHICH OF THE TWO B VITAMINS THEY WERE TAKING.</p>   |
| <p>Shot of man eating meat</p>  | <p>THIS STUDY LOOKED AT BOTH MEN AND WOMEN WHO TOOK HIGH DOSES FOR TEN YEARS.</p>  |
| <p>CG: High dose B6 is 20 mg<br/>Come in doses up to 500 mg</p>   | <p>A HIGH DOSE OF B6 IS CONSIDERED 20 MILLIGRAMS, BUT SUPPLEMENTS COME IN DOSES OF UP TO 500 MILLIGRAMS.</p>   |
| <p>Shot of vitamin B12 bottle<br/>High dose B12 is 55 micrograms<br/>Come in doses up to 5,000 micrograms</p>         | <p>A HIGH DOSE OF B12 IS CONSIDERED TO BE 55 <u>MICROGRAMS</u>. BUT B12 SUPPLEMENTS COME IN DOSES UP TO 5,000 MICROGRAMS. :38</p>  |
| <p><b>Theodore Brasky (CGd earlier)</b></p>   | <p><i>“These are supraphysiological doses that are not necessary for your health.” :05</i></p>   |
| <p>Shots of Brasky on computer</p>  | <p>THEODORE BRASKY LED THE STUDY AT THE OHIO STATE UNIVERSITY COMPREHENSIVE CANCER CENTER - JAMES CANCER HOSPITAL AND SOLOVE RESEARCH INSTITUTE.</p>   |
| <p>Shot of man eating</p>   | <p>HE SAYS IT’S EASY TO GET PLENTY OF B VITAMINS FROM DIET - FOODS LIKE CEREALS ARE FORTIFIED WITH THEM - AND SOME ENERGY DRINKS HAVE 8-THOUSAND PERCENT OF THE RECOMMENDED DAILY ALLOWANCE OF B12. :19</p>  |
| <p>Shot of cereal box</p>   |  |
| <p>Shot of energy drink / label</p>   |  |
| <p><b>Theodore Brasky (CGd earlier)</b></p>   | <p><i>“I don’t think there’s a clear, scientific backing for a healthful need for these supplements at those doses.” :08</i></p>   |
| <p>Shot of man taking vitamin</p>   | <p>ALTHOUGH THERE IS NOW EVIDENCE OF JUST HOW MUCH HARM LONG-TERM, MEGA SUPPLEMENTATION WITH B6 AND B12 CAN DO FOR MALE SMOKERS.</p>   |
| <p>Shots of Brasky on computer</p>  | <p>AT THE OHIO STATE UNIVERSITY COMPREHENSIVE CANCER CENTER - JAMES CANCER HOSPITAL AND SOLOVE RESEARCH INSTITUTE, THIS IS CLARK POWELL REPORTING. :13</p>   |
| <p><b>(PACKAGE END) -----</b></p>   |  |
| <p><b>ANCHOR TAG</b></p>  | <p>RESEARCHERS STRESS THAT THE RISK OF LUNG CANCER IN THIS STUDY WAS TIED TO THE USE OF HIGH DOSE, LONG TERM SUPPLEMENTS, AND NOT JUST THROUGH DIET OR A DAILY MULTI-VITAMIN.<br/>NEXT THEY WANT TO CONDUCT A STUDY LOOKING AT LUNG CANCER RISKS IN OLDER MEN AND WOMEN, TO CONFIRM LUNG CANCER RISK ASSOCIATION ONLY EXISTS IN MEN.</p> |

**SOCIAL MEDIA**

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| <p> <b>Share it! Suggested tweet:</b></p> | <p>Study <a href="#">@OSUCCC_James</a> finds significant risk in lung cancer from long-term use of high-dose vitamin B</p> |
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|  <b>Suggested post:</b> | supplements among men. <a href="http://bit.ly/2v371n9">bit.ly/2v371n9</a> .<br><br><hr/> The boost of energy you get from vitamin B makes them one of the most popular supplements on the market. But a new study by researchers at <a href="http://OSUCCC-James Cancer Hospital and Solove Research Institute">OSUCCC-James Cancer Hospital and Solove Research Institute</a> shows that taking high doses of vitamin B6 and B12 over a long period of time <i>dramatically</i> increases the risk of lung cancer in men. Details: <a href="http://bit.ly/2v371n9">bit.ly/2v371n9</a> |
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### EXTRA BITES

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| <b>CG: Theodore Brasky, PhD</b><br>The Ohio State University Comprehensive Cancer Center – James Cancer Hospital and Solove Research Institute | <p>Brasky explains the findings of the study:<br/> <i>“For vitamin B6, men who were taking doses of 20mg a day or higher, on average for ten years, were at about an 83 percent increased risk for developing lung cancer. And for vitamin B12, men who were taking 55mcg a day, again, on average over 10 years, were also at an increased risk, about 92 percent increased risk for lung cancer.” :20</i></p> <p>Brasky says men who smoke are at even higher risk:<br/> <i>“The men who were taking B vitamins and who were currently smoking at that time, seemed to have the highest risk of developing lung cancer. And this was over 3 fold for both vitamin B6 and B12.” :12</i></p> <p>Brasky says supplements are sold in extraordinarily high doses:<br/> <i>“Oh, it’s incredibly high. And the marketing is for energy for supporting metabolism health. But these aren’t FDA-regulated terms.” :12</i></p> |
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### References

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| <sup>1</sup> <i>Vitamin D Supplements Maintain Top Spot in Popularity</i> , <b>ConsumerLab, February 2017</b> .<br>Online: <a href="https://www.consumerlab.com/news/most-popular-supplements-2017/2_24_2017/">https://www.consumerlab.com/news/most-popular-supplements-2017/2_24_2017/</a>                           |
| <sup>2</sup> <i>Long-term Supplemental One-carbon Metabolism Related Vitamin B Use in Relation to Lung Cancer Risk in the VITamins and Lifestyle (VITAL) Cohort</i> , <b>Journal of Clinical Oncology, August 2017</b> . Online: <a href="http://ascopubs.org/toc/jco/current">http://ascopubs.org/toc/jco/current</a> |

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