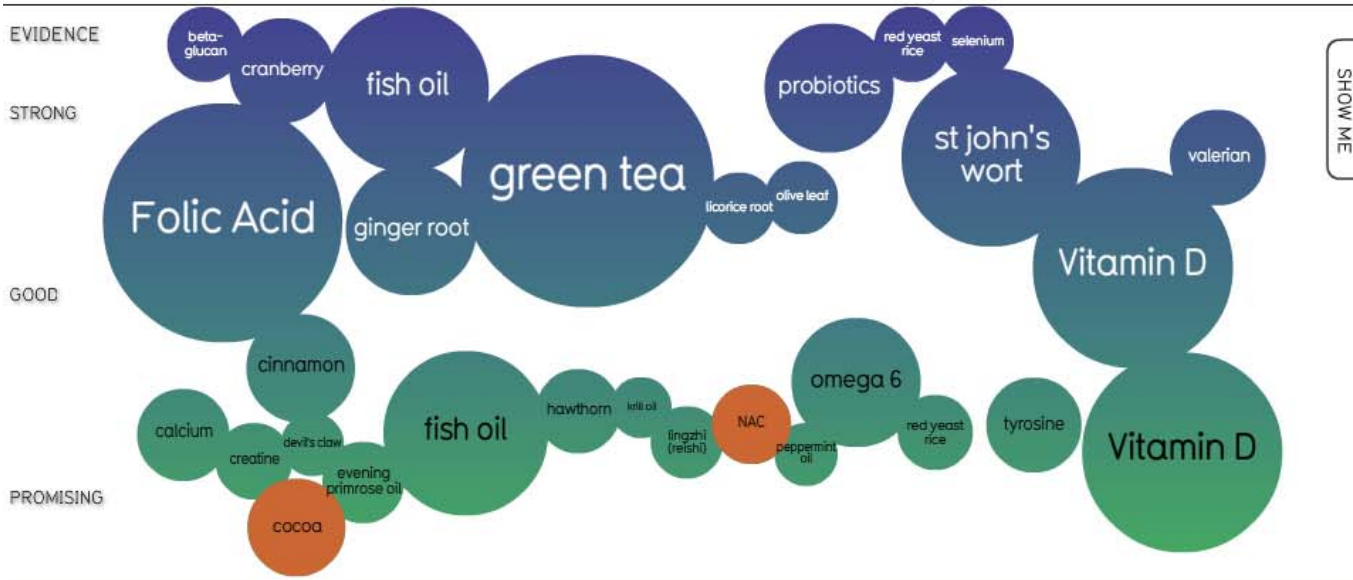
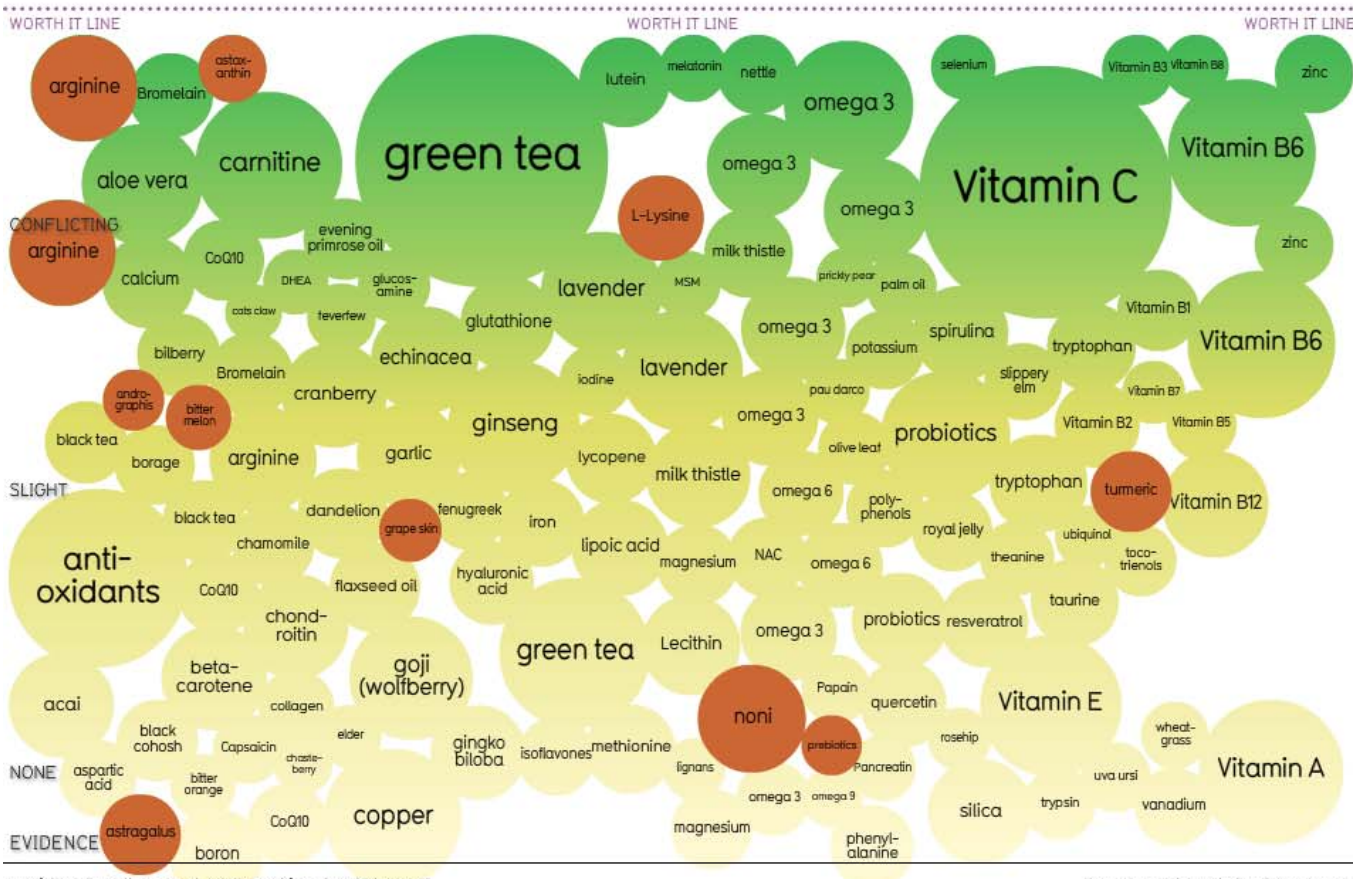
Snake Oil?

Scientific evidence for popular health supplements

showing tangible human health benefits when taken orally by an adult with a healthy diet





David McCandless and Andy Perkins / v1.0 / Jan 10
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See Data

Source: PubMed, Cochrane.org.
Large human blind placebo-controlled trials only.