

## **Matten, Ellen**

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Eleanor Rosenthal

Please don't adopt the restrictive regulations adopted in Europe. The dangers of supplements, etc., are minimal compared to the dangers of pharmaceuticals, which are treated as an acceptable risk. Compared to pharmaceuticals, the risks of using supplements are minimal, particularly if current limitations on education (i.e., labelling so limited it is barely informative) were to be eased. But intelligent use of supplements holds few risks; pharmaceuticals are risky, no matter how intelligently they are used (see studies on expected adverse drug reactions.)

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