

Study: Too many vitamins may increase cancer risk

By Matt Keller, KGO-TV

Your mom always told you to take your vitamins, but that advice may be bad for your health.

Many studies show eating fruits and vegetables can reduce the risk of cancer and heart disease, but what about vitamins?

A new report reveals taking too many supplements can actually increase the risk of some cancers. "The idea was give people more vitamins and it would prevent cancer, but they find when they do a lot of these studies is it can do the exact opposite and it's hard to know what's safe," ABC News Chief Health and Medical Editor Richard Besser said.

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