

Complementary Healthcare Council Questions Cochran

Findings published in the Cochrane Collaboration¹ raising concerns about antioxidant supplements being potentially detrimental to health do not necessarily apply in Australia and risk causing unnecessary anxiety to consumers.

“It is important to note that Australia has the most rigorous process in the world for the regulation of vitamins and minerals to safeguard consumer safety’ says Dr. Tony Lewis, Executive Director of the Complementary Healthcare Council. “The Council takes seriously any potential risk to consumer safety. More research, as called for by the researchers, is certainly needed as many of the studies included in the review used antioxidants at levels far above those permitted in Australia.”

A key recommendation from the authors of the review is for antioxidant supplements to be regulated as medicines. This is existing practice in Australia as all supplements are regulated as medicines under The Therapeutic Goods Act. The Complementary Healthcare Council also notes that findings in other recently published reviews contradict some of the conclusions detailed in the Cochrane Review.