

## **Can You Overdose on Vitamins?**

Fat soluble vitamins such as A, D, E and K are stored in fat, so high doses can accumulate in the body. However, many people think there is no risks associated with excess use of water-soluble vitamins (all vitamins except vitamins A, D, E, and K) since they are not stored in body tissue and will be cleared from the body. This thought is not true. As vitamins make their way through the body, they may do damage along the way. For example, doses of vitamin C greater than 2000 mg/day can cause diarrhea, nausea, and vomiting. Vitamin C doses of 1gm per day may increase risk certain type of kidney stones. Taking regular high doses of pyridoxine (vitamin B6) can cause nerve damage. High doses of niacin (vitamin B3) can cause nausea, vomiting, and liver damage. The best idea is to stick with the recommended daily amounts of vitamins...unless instructed by a health care professional to do otherwise.