

National News

New Research Shows Drawbacks of Vitamin Use

Taking vitamins and minerals on a regular basis is common in many Western countries. Lately, more and more people in Taiwan have been getting into the habit of taking vitamins **for the sake of** their health. However, recent studies have shown that **excessive** vitamin use may have some **negative** side effects. It has

(1) both experts and vitamin fans to reconsider the wisdom and (2) of taking vitamins.

Most people think that **over-the-counter** vitamins are natural and safe since they can be (3) without a **prescription**. Vitamin C, one of the most commonly taken vitamins, has long been (4) an effective **measure** to prevent the common cold. However, studies have proven it to be effective (5) for high-performance **athletes**, rather than regular people. Another report indicates that taking **antioxidants** may even increase the risk of death by up to 16 percent. Still another study points out that smokers who take **potent** vitamin E **capsules** for more than ten years are at slightly greater risk of lung cancer than those who don't. Furthermore, the overuse of vitamins, especially **in conjunction with** prescription **medication**, is (6) dangerous. Researchers have found that excessive vitamin A **consumption** can increase the risk of certain cancers and may also cause birth **defects** and decreased bone **density**.

Consumers should be (7) that vitamins and other non-prescription health **supplements** are sold by companies that tend to **overstate** the health (8) of their products and **are** not **subject to** strict government controls. Experts all seem to agree that eating a healthy diet low in salt and fat is the best way to avoid (9) and live a long life. Those who don't have a balanced and healthy diet may benefit from a simple multi-vitamin, but overdoing it may have the (10) effect of what was intended. Therefore, with these recent findings in mind, you may want to think twice before taking health supplements.

(A) only	(B) opposite	(C) necessity	(D) disease	(E) potentially
(F) considered	(G) aware	(H) led	(I) benefits	(J) purchased

(1) _____ (2) _____ (3) _____ (4) _____ (5) _____
(6) _____ (7) _____ (8) _____ (9) _____ (10) _____



Before You Read

- 1. 常見的藥物形式有藥粉 (powder)、藥丸 (pill)、藥片 (tablet) 及膠囊 (capsule)。
2. 現今，因缺乏某種維他命所引發的疾病 (disease) 在已開發國家 (developed country) 中並不常見。然而，在過去，某種維他命的缺乏，會導致人們罹患某種疾病。例如，缺乏維他命 A 會導致夜盲症 (night-blindness)，缺乏維他命 B1 會導致腳氣病 (beriberi)，缺乏維他命 C 會導致壞血病 (scurvy)，而缺乏維他命 D 會導致軟骨病 (osteomalacia)。

◆ Vocabulary and Idioms

1. for the sake of sb./sth. *adv. phr.* 為了某人／某事的緣故
2. excessive [ɪk'sɛsɪv] *adj.* 過度的
3. negative ['nɛɡətɪv] *adj.* 負面的
4. over-the-counter [ˈovə ðə 'kauntə-] *adj.* 不需醫師處方即可出售的
5. purchase ['pɜ:tʃəs] *v.* 購買
6. prescription [prɪ'skrɪpʃən] *n.* 處方箋
7. measure ['meɜʒə] *n.* 措施；辦法
8. athlete ['æθlɪt] *n.* 運動員
9. antioxidant [ˌæntɪ'ɒksədənt] *n.* 抗氧化劑
10. potent ['pɒtənt] *adj.* 效力大的
11. capsule ['kæpsl] *n.* 膠囊
12. in conjunction with sb./sth. *adj. phr.* 與某人／某事一起
13. medication [ˌmɛdɪ'keɪʃən] *n.* 藥物
14. potentially [pə'tenʃəli] *adv.* 潛在地
15. consumption [kən'sʌmpʃən] *n.* 消耗
16. defect [dɪ'fɛkt; 'dɪfɛkt] *n.* 缺陷
17. density ['densəti] *n.* 密度
18. supplement ['sʌpləmənt] *n.* 補充
19. overstate [ˌovə'stet] *v.* 言過其實；誇大
20. be subject to sb./sth. *adj. phr.* 受某人／某事管制

◆ Patterns

However, recent studies have shown that excessive vitamin use may have some negative side effects.

Furthermore, the overuse of vitamins, especially in conjunction with prescription medication, is potentially dangerous.

Therefore, with these recent findings in mind, you may want to think twice before taking health supplements.

⇒ however, furthermore, therefore 均為具連接詞功能的副詞，用來連接兩個獨立的子句。但特別要注意的是，它們雖有連接詞的功能，但本身仍是副詞，所以在兩個子句中間應加分號(;)或and，或是將這些副詞置於句首。

◆ Translation

新的研究發現服用維他命的缺點

習 慣性地服用維他命和礦物質，在許多西方國家非常普遍。近來，在臺灣有越來越多的人為了健康的緣故，養成服用維他命的習慣。然而，最近的研究顯示，過度服用維他命可能會有負面性的副作用。這已經使得專家們以及維他命的愛用者重新考慮服用維他命的常識及需要。

大部分的人認為不需處方箋的維他命是天然且安全的，因為不需醫生開處方就可以購買。維他命C，人們最常服用的維他命之一，一直被認為是預防一般感冒的有效方法。然而，研究已經證實它只對高活動力的運動員，而非一般大眾，有此效用。另一項報告指出，服用抗氧化劑可能提高死亡風險高達16%。還有另一項研究指出服用高單位維他命E超過十年的吸菸者，罹患肺癌的機率略高過於未服用的人。此外，過度服用維他命，尤其是和處方藥一起服用，更具危險性。研究者已經發現攝取過量的維他命A，可能增加罹患某些癌症的風險，並可能導致產下缺陷兒及降低骨質密度。

消費者應該了解維他命及其他非處方箋的健康補給品，是由那些誇大其產品對健康的益處的公司所販賣的，它們並不受政府嚴格管控。專家們似乎都認為低鹽低脂的健康飲食是避免疾病及延長壽命的最佳方法。那些沒有均衡健康飲食習慣的人可以從簡單的一顆綜合維他命受益，但過度服用反而會導致與其初衷相反的效果。因此，了解了這些近期的研究結果之後，在服用健康補給品之前你可能要三思而後行。

◆ Answer

(1) H (2) C (3) J (4) F (5) A (6) E (7) G (8) I (9) D (10) B

