### Vitamin B Dietary Supplements

## and Coronary Heart Disease (CHD)

A new economic report shows that taking specific dietary supplements can provide significant individual and societal healthcare savings, by reducing the number of hospitalizations and other costly medical events associated with chronic diseases. This infographic demonstrates the cost savings that can be realized through the utilization of vitamin B dietary supplements among all U.S. adults over the age of 55 with Coronary Heart Disease (CHD).



### Relative risk reduction

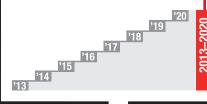
Taking vitamin B supplements at preventive intake levels can reduce the risk of having a CHDrelated medical event.

How B vitamins works There are three B vitamins—B6, folic acid and B12-which have demonstrated positive roles in heart health. These vitamins are involved in metabolizing homocysteine, an amino acid that is an independent risk factor for heart disease. Elevated homocysteine levels are thought to promote hardening of the arteries and blood clot formation.



#### On average, 101,000

CHD-related medical events can be avoided each year through the use of vitamin B supplements at preventive intake levels



# 808,000

#### **Events avoided**

between 2013 and 2020 among the target population of U.S. adults over 55 with CHD.





**Avoided expenditures** 

after cost of supplements

Savings vet to be realized if targeted population takes

B vitamins at preventive intake levels

with supplementation **Net savings** 

#### Potential savings

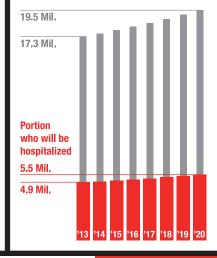
Between 2013 and 2020. CHD-related medical event costs will average nearly \$78 billion annually. The use of vitamin B dietary supplements at preventive intake levels by the targeted population of U.S. adults 55+ who have CHD can reduce those costs.

<b>CUMULATIVE</b> (2013–2020)	AVERAGE ANNUAL (2013–2020)
\$12.1 billion	\$1.5 billion
\$5.2 billion	\$654 million
\$4.5 billion	\$562 million

#### CHD's human toll

The number of U.S. adults over 55 with CHD is expected to rise 13% between 2013 and 2020.

Adults over 55 with CHD



#### The opportunity

Though B vitamins are used by 14% of U.S. adults 55+, 86% of U.S. adults 55+ are not taking vitamin B supplements. There are still cost savings yet to be realized through the increased usage of vitamin B supplements among the target population.







intake levels, 2013



# Event rate

% of targeted population that will experience a medical event

Notes: Numbers have been rounded. Exact numbers can be found in the full report. Sources: Smart Prevention—Health Care Cost Savings Resulting from the Targeted Use of Dietary Supplements - Frost & Sullivan, www.frost.com; Event rate data from the Centers for Disease Control and Prevention, www.cdc.gov

#### **Preventive Intake Level**

Frost & Sullivan identified a preventive level based on their meta-analysis of scientific studies included in this economic report.

Consumers who are interested in the findings of this economic report should talk about smart prevention with their health care practitioners to determine which dietary supplements at which intake levels may be appropriate for them.



B6 **2.5** mg. B12 400 mcg. Folate 1 mg

> Preventive intake level for adults 55 and over