



Some Dietary Supplements May Be More Than a Waste of Money

By Forks Over Knives
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In this [Nutrition Facts](#) video, Dr. Michael Greger discusses how people taking dietary supplements may, in some cases, be paying to make themselves sick. This video covers folic acid, beta carotene, and green tea supplements. Click the box below to watch.

<https://www.youtube.com/watch?v=drfQUkmQS7o>