

Effects of Antioxidant Micronutrients on CVD and Type 2 Diabetes Events

		All-Cause Mortality	CVD Mortality	Myocardial Infarction	Stroke	Coronary Heart Disease	Arrhythmia	Type 2 Diabetes
Fatty Acid	omega-3	•	✓	✓	•	✓	•	•
	omega-6							•
Vitamin	Folic acid	•	•	•	✓			
	Vitamin C	•	•	•	•			
	Vitamin D	•	•	•	•	•		
	Vitamin E	•	•	•	•			•
Mineral	Selenium	•	•	•	•	•		
Antioxidant Supplement	β-carotene			•				•
	Coenzyme Q10	✓						

Legend	
✓	Lowered risk
•	No effect on risk
	Unknown risk

Sourced from 2022 study: <https://pubmed.ncbi.nlm.nih.gov/36480969>