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# Chronic heart failure and multiple micronutrient supplementation: realistic hope or idealistic conjecture?

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### Abstract

Recent studies have demonstrated the inefficacy of nutritional supplements containing various combinations of vitamins and minerals for otherwise healthy elderly people and patients with ischemic heart disease. However, patients with chronic heart failure (CHF) have, up until recently, been excluded from such studies. CHF has a high mortality and morbidity and patients are often elderly with poor general nutrition and high levels of micronutrient deficiency. It is in this population that nutritional supplementation has the most potential benefit. Evidence is accumulating that a strategy of long-term highdose multiple micronutrient supplementation might improve symptoms and cardiac function in elderly patients with CHF. In this article, we review the effects of individual micronutrients and how they might impact on CHF, and present recent data that dietary supplementation might offer an addition to standard therapy for CHF.

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