

Are you HIV+ and interested in vitamin supplementation?

We are looking for healthy HIV+ people who have never taken anti-HIV drugs and are not planning to start in the near future.



We are conducting a research study to see if micronutrient and antioxidant supplementation of untreated persons with HIV can delay disease progression and/or start of anti-HIV drug therapy compared to supplementation with standard multivitamins.

What are Micronutrients?

Micronutrients are vitamins and minerals that the human body needs in very small amounts in order to function properly. Low blood levels of micronutrients are common in persons with HIV and these low levels increase risk of disease progression.

What are Antioxidants?

An antioxidant is a substance, such as vitamin E, vitamin C, or beta carotene, thought to protect body cells from the damaging effects of oxidation. Oxidation causes a destructive reaction within cells that is similar to the rusting you may see on metals exposed to the outdoors or the spoiling of an apple or banana when it is cut. Antioxidants help neutralize the harmful effects of oxidation and help reduce cellular damage.

How do they impact HIV+ people?

HIV attacks the immune system causing a decline in a person's ability to fight infection which is measured by the amount of CD4 cells in the blood. When a person with HIV remains untreated the virus continues to attack the CD4 cells and eventually the infection will progress to AIDS (acquired immunodeficiency disease). Anti-HIV drug treatment has improved survival and health of people living with HIV, but it is expensive and has many side effects. Micronutrient supplementation may boost immunity and we are studying whether this will slow disease progression and the need to start anti-HIV drug treatment. Currently, the role of micronutrient supplements in the medical management of HIV is not clear.

What's involved?

Half the study participants will be randomly assigned to receive a micronutrient and antioxidant preparation (K-Pak Ultra®) and the other half will receive standard multivitamins. Study visits will be four times a year for two years.