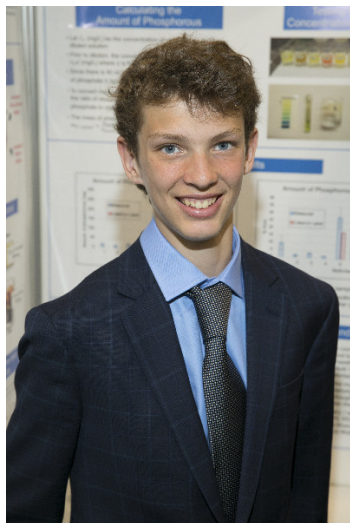


# CWSF 2017 - Regina, Saskatchewan



## Matthew Pilkey

### Could taking vitamins be bad for you?

**Challenge:** Health

**Category:** Junior

**Region:** Frontenac, Lennox & Addington

**City:** Kingston, ON

**School:** Calvin Park P.S.

**Abstract:** Phosphate has become the "new sodium". Higher consumption of phosphorous/phosphate leads to increased risk of heart attack and stroke. The purpose of my study was to measure the amount of phosphorous in 10 multivitamins. I found that two of them contained over 20% of the Recommended Daily Allowance (RDA) and another two marketed for "Heart Health" contained 15-20%, which could actually pose a health risk.

### Biography

My name is Matthew Pilkey and I am 13 years old and attending the Challenge Program at Calvin Park Public School. I live in Kingston, Ontario and this is my first CWSF. I play volleyball and soccer at a competitive level and I play hockey for fun. I also play a number of sports at school. My favourite school subjects are math and science. Because of my love of math and science I would like to become an engineer. My project has focused on human health. Maybe I would rather become a nephrologist (kidney doctor).

### Awards

### Value

Excellence Award - Junior - Silver Medal Sponsor: Youth Science Canada	
Western University Scholarship Silver Medallist - \$2000 Entrance Scholarship Sponsor: Western University	\$2 000
Total	\$2 000