



## Multivitamin/mineral Supplement

### WHAT IS IT?

This supplement is designed to help you get all the vitamins and minerals essential to your health because:

- They cannot be synthesized in amounts needed to meet the body's physiological needs.
- Inadequate levels will result in the development of a specific deficiency syndrome.

*Should I take a multivitamin? Can I get the nutrients I need in the food I eat?* The answer to the first question is “probably” and the answer to the second is “possible, but not likely.” Over the past 50 years, levels of key nutrients in many food crops have declined significantly. Food quality aside, many people fail to meet the goals of 5-7 servings of fruits and vegetables per day. According to the Centers for Disease Control (CDC) in 2007, only 32.6% of Americans ate fruit more than two times per day, while less than 27% ate vegetables more than three times per day. For key nutrients, dietary sources alone are often insufficient.

### WHY SHOULD I CONSIDER TAKING THIS?

- Overall Health Promotion

Vitamins and minerals are essential for optimal health, to support immunity, and play a role in preventing a host of illnesses from colds to cancer.

While families and children are strongly encouraged to eat wholesome foods to obtain most of their nutrients, supplementation is often necessary. Dietary supplements may be necessary to achieve therapeutic levels necessary to correct deficiencies or meet individual needs that are greater than the recommended daily allowances. Dietary supplements are often necessary for individuals with food allergies or intolerances.

### HOW DO I TAKE IT?

In general, look for a supplement that provides 100% of the daily value (DV) for vitamins A, B1 (thiamin), B2 (riboflavin), B6, B12, C, D, E, folic acid, and niacin.

**Patients over the age of 50** should look for a multiple that contains a minimum of 25 mcg of vitamin B-12, which is about four times the DV. **It's vital that women** take a prenatal vitamin if they are of reproductive age and may become pregnant.

**Check serving sizes:** A label may list the serving size as six tablets a day, but you're only taking one. In general, try to find a multi that only requires you to take 1-2 per day.

- Vitamin A:** Preferably, should be in the form of beta-carotene and/or mixed carotenoids. Should NOT contain more than 2500 IU as vitamin A palmitate or acetate, also written as retinyl acetate or palmitate.
- Folic Acid:** Should provide 400 mcg of folic acid.
- Vitamin D:** Should provide a minimum 600 IU vitamin D3 (cholecalciferol) per day, many experts recommend 1000 IU per day. Vegan products contain vitamin D2 (ergocalciferol), which may not be as bioavailable as D3.
- Vitamin E:** Recommended DV is only 30 IU and even that is hard to get in the diet. Look for a supplement that provides 60-400 IU of d-alpha tocopherol, or a mixture of tocopherols and tocotrienols.
- Vitamin C:** Minimum of 60 mg per day, you need 250- 500 mg per day to saturate tissues.
- Zinc:** Should provide 15 mg per day (too much zinc impairs copper absorption).
- Copper:** Should provide 1-2 mg per day.
- Calcium:** Most provide 100-300 mg/day. If you need additional supplementation, purchase separately.
- Magnesium:** Should provide 200-300 mg per day.
- Selenium:** Should provide 100-200 mcg per day.
- Iron:** For pregnant or menstruating women, should provide 18 mg per day. Others should discuss the need with iron with their health care provider.