



## TOPIC SUMMARY for Healthcare Professionals

### Multivitamin/mineral

#### Overview

Locally grown, fresh, organic foods are the best sources of vitamins and minerals. Although Americans have access to fresh foods year round, studies show that most of us do not consume the Recommended Daily Intake (RDI) of all of our essential micronutrients (such as vitamins and minerals) daily. This is why I recommend supplements for many patients and why multivitamins/multiminerals are the most commonly purchased dietary supplements in the US. The US Preventive Services Task Force in 2013 reported there is inadequate evidence to support the routine use of multivitamins except in women who are pregnant or may become pregnant and those with documented deficiencies. On the other hand, there is some evidence that regular use of these supplements can reduce the risk of some types of cancers for some people.

**Medications** that can increase the need for essential vitamins and minerals include: antacids (e.g., cimetidine, ranitidine, nizatidine, and famotidine) and proton pump inhibitors (e.g., esomeprazole, lansoprazole, pantoprazole); chronic antibiotic use; aspirin in large, chronic doses and non-steroidal anti-inflammatory medications; barbiturates, diuretics, contraceptive pills, certain chemotherapy drugs for cancer; chloramphenicol; cholestyramine; colestipol; cycloserine; many medications used to treat seizures/epilepsy: phenytoin (Dilantin®), carbamazepine (Tegretol®), Phenobarbital, and primidone; pyrimethamine; estrogens (Premarin®); methotrexate;; pentamidine; sulfasalazine; triamterene.

#### Safety

Remember that many multivitamin products contain few, if any minerals. If you are specifically trying to increase your intake of magnesium, iron, calcium, or zinc, please consider taking a multivitamin/multimineral preparation or a multivitamin plus a mineral supplement. Also, preparations and contents can vary enormously. Read labels.

Read labels! Some products require 2-4 gummies, capsules or tablets to reach the amount of listed supplementation. Some products contain common allergens such as wheat, dairy, corn or soy. Some products contain artificial colors, flavors, etc.

## Product Information

In addition to variability in terms of composition, products also vary in quality, which you can't always tell by reading the label. The products listed below are a *selection* of some that have met quality testing standards set by [ConsumerLab](http://ConsumerLab.com) and/or have been recommended by one or more integrative physicians.

<b>Product Name</b>
<b><i>Prenatal Vitamins</i></b>
Nature Made Prenatal Multi +DHA (1 softgel per day); gluten-free
Nature's Sunshine® Nature's Prenatal (1 tablet per day)
* Walgreen's Finest Nutrition Prenatal Vitamins; gluten-free
* Walmart's Spring Valley Prenatal Vitamins; gluten-free
<b><i>Multivitamins for Children</i></b>
Flintstones™ Gummies
* Flintstones™ Plus Bone Building Support (1/2 to 1 tablet per day)
Hero Nutritionals™ Yummi® Bears® Multi-Vitamin and Mineral (up to 3 per day); gluten-free
L'il Critters® Groovy Gummy Vites™
Nature's Plus Animal Parade GOLD Children's Chewable Multi-Natural Cherry Flavor (2 per day); gluten-free
Nature's Way® Alive! Multi-Vitamin (2 per day); gluten-free
Trader Darwin's® Children's Chewable Vitamins
USANA® Usanimals™(1-2 tablets per day)
<b><i>General Multivitamins for Teens and Adults</i></b>
* 21 <sup>st</sup> Century Multivitamin and Multimineral Supplement
Carlson® Super 2 Daily Vitamins and Minerals
* Costco's Kirkland Signature Daily Multi (1 tablet per day)
Dr. Whitaker's Forward Plus Daily Regimen® (2 packets per day)
Life Extension® Two Per Day Tablets
Puritan's Pride®
SAN (Stop Aging Now) Multi Nutrient Formula Basic™ (2 tablets per day) gluten free
Solgar® Formula V™ VM-75® Multiple Vitamins with Chelated Minerals
Swanson® Health Products Daily Multi-Vitamin and Mineral
Trace Minerals Research® Liquid Multi Vitamin-Mineral (1 oz per day)
TwinLab® Daily One Caps™
USANA Essentials™ Chelated Mineral + Mega Antioxidant (4 tablets each per day)
Wellesse® Multi Vitamin+ (1 oz per day)
<b><i>Men's Vitamins</i></b>
* Berkley and Jensen's (BJ'S) Men's Daily; gluten-free
GNC Mega Men® ; Mega Men® Energy and Metabolism; Mega Men® Sport; Ultra Mega® Green (2 caplets per day); gluten-free
* One A Day Men's Health Formula
The Vitamin Shoppe® Multivitamins Ultimate Man Gold (3 tablets per day)

<b>Women's Vitamins</b>
Garden of Life® Vitamin Code® Women (4 capsules per day) vegetarian
GNC Women's Ultra Mega®, Ultra Mega Active®, Ultra Mega® Energy and Metabolism, and Ultra Mega® Green (2 caplets per day)
Natrol® My Favorite Multiple for Women (3 tablets per day) gluten-free
Nature's Way® Alive! Once Daily Women's Ultra Potency (1 tablet per day)
One-A-Day Women's
* Target's Up and Up Women's Daily Multivitamin; gluten free
Vitamin Shoppe® Ultimate Woman Gold (3 tablets per day)
Walgreen's One Daily for Women
Whole Foods™ Women's Food Based Multi (2 tablets per day)
<b>Senior's General</b>
Centrum® Silver Multivitamin/Multimineral Supplement Adults 50+ (1 tablet per day)
CVS pharmacy® Spectravite Senior (1 tablet per day)
Puritan's Pride® ABC Plus® Senior (1 caplet per day); gluten-free
* Walmart's Equate Mature Multivitamin 50+ (1 tablet per day)
<b>Senior Men's</b>
GNC Mega Men® 50 Plus (2 caplets per day); gluten-free
<b>Senior Women's</b>
GNC Women's Ultra Mega® 50 Plus (2 caplets per day); gluten-free
Rite Aid Pharmacy Multi-Vitamin Supplement Central-Vite Women's Mature
* Sam's Club Simply Right Mature Women 50+ Multivitamin
<b>WHOLE FOOD Supplements</b>
Juice Plus+ Garden Blend®
Nature's Plus® Source of Life® Multivitamin and Mineral Supplement with Whole Food Concentrates

\* Among the least expensive products in its category.

**READ LABELS carefully!** For more information, see [https://www.consumerlab.com/reviews/Multivitamin\\_Multimineral\\_Supplements/multivitamins/](https://www.consumerlab.com/reviews/Multivitamin_Multimineral_Supplements/multivitamins/)

**Disclaimer: The *Herbs and Dietary Supplements Across the Lifespan Program* does not endorse products or the efficacy or safety of mentioned products.**