



Should You Take a Daily Multivitamin?



Overview

You want to be healthy, and you're thinking about taking a daily multivitamin. But what do we know about the benefits of multivitamins? Will they make you healthier? Well, it depends.

Who can benefit

If you eat a balanced diet, you most likely get all of the vitamins and minerals you need from your diet alone. A multivitamin probably wouldn't help you. But some people can't get all of the nutrition they need through diet alone. Maybe you have a food allergy that limits what you can eat. Maybe you have a disease or condition that keeps you from absorbing nutrients. Maybe you're pregnant, and your doctor says you need to supplement your diet. In these cases, a multivitamin may help.

How to choose

If your doctor says a multivitamin is right for you, choose wisely. Pick a brand that has been tested by an organization such as U.S. Pharmacopeia (USP). This shows it is free of contaminants. Avoid multivitamins that are packed with more than 100 percent of the daily values. Avoid added herbs, enzymes or other ingredients. And check the expiration date. Vitamins can become less effective over time.

Conclusion

For more information about multivitamins, talk to your doctor.

