

Health and Wellness:

Multivitamins: Know What to Avoid and What to Consume with a Special Summer Note

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Surprisingly, the very multivitamins taken with the intent to help individuals stay well could be doing more harm than good. Some multivitamins are completely beneficial and harm free. While they promote optimal health, a strong immune system, and provide support for defense against a growing number of health concerns, others contain synthetic versions of vitamins or supplements which could be causing a host of medical problems (e.g., breast and lung cancer). Realizing that this is very disturbing information, everyone is cautioned to research and explore this topic for themselves.

Notwithstanding vitamins, two of the best things anyone can do to promote good health are to avoid both fast food and a sedentary lifestyle. Although receiving nutrients from high-quality unprocessed foods rather than multivitamins is best, due to a variety of circumstances, not everyone can do this. Because each person's healthcare needs are different, it is important to learn as much as possible to know what supplements are best suited for each particular person.

Criteria to Consider When Purchasing Multivitamins:

- (1) Discount stores typically offer products which use synthetic isolates. Isolated vitamins are cheap partial vitamins that are combined with other chemicals. Some people experience side effects from these synthetic isolate additives or fractionalized pieces. Synthetic beta carotene, for example, has been implicated in several illnesses including lung cancer for people who smoke or who have been exposed to asbestos.
- (2) A good multivitamin should be in capsule form as opposed to a tablet. It should also contain essential minerals and whole food concentrates which are easily digestible. Any good vitamin would not contain binders or fillers. The best multivitamins can be bought from a pharmaceutical GMP-compliant facility.
- (3) There's a lot to know concerning which vitamins to take when. For example, for women who are taking extra iron supplementation, iron is best taken several hours apart from both calcium and vitamin C. Also, vitamin D should be taken with 2 grams of fish oil or 600 mgs of DHA, because vitamin D and all fat-soluble vitamins are absorbed better when taken with some fat. Similarly, for those taking CoQ10, it is also fat-soluble and better absorbed when taken with a meal that contains oil or fat.
- (4) Your body is literally combating free radicals on a daily basis with each cell suffering an estimated 10,000 free radical hits each day. Our bodies have an amazing ability to fight back but there is an actual battlefield at the cellular level. To give our bodies the best protection, choosing a high-quality multivitamin with minerals and high-potency amounts of antioxidants is best.
- (5) Indiscriminately throwing a number of nutrients together could actually cause more harm than good because certain amounts and types of nutrients need to be carefully evaluated to avoid any potential toxic buildup.
- (6) To select which supplements and at what levels, it is best to seek medical advice from a nutritionally-informed physician who performs blood tests to purposefully determine which vitamins and minerals would need supplementation when there is a deficiency. Notwithstanding anything out of the ordinary, retesting should occur on at least an annual basis thereafter.
- (7) One can choose from at least hundreds if not thousands of high-potency multivitamins, but there are only a few great ones. For those who understand the importance of using a multivitamin, finding a GREAT company which produced it cannot be overemphasized.

Keep Reading on This Topic:

If one is relying on any multivitamin, learn as much as possible on the topic. This is only a cursory overview. Everyone is encouraged to read and learn as much as they can. Quite frankly, this article doesn't even scratch the surface. Following are a couple of those links to start the process:

(A) <http://products.mercola.com/multivitamin-vital-minerals/?source=nl>

(B) <http://www.mayoclinic.com/health/multivitamins/NU00651>

(C) http://www.health.harvard.edu/press_releases/multivitamin-and-cancer-risk

(D) <http://www.webmd.com/breast-cancer/news/20100401/multivitamins-linked-to-breast-cancer-risk>

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