

How to Choose a Good Multivitamin

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There are a lot of choices out there and looks can be deceiving. Some vitamins contain large quantities of the cheaper nutrients and none or almost none of the costly ones. Unfortunately your body needs those costly nutrients just as much as the other ones.

Look for all-natural ingredients without added chemicals. Since heat destroys nutrients you should find supplements that are processed with low or no heat. Look for a manufacturer who does extensive research and ...this is important...publishes its clinical studies. A company that has been in business for a number of years should have a proven track record of integrity.

There are several other good indicators of the quality of a multivitamin/ multimineral supplement. Does it contain all 8 B vitamins? These are Thiamin, Riboflavin, Niacin, Vitamin B6, Folate (Folic Acid), Vitamin B12, Biotin, and Pantothenic Acid. Biotin and Folate are expensive nutrients. Many supplements shortchange the consumer on these. Your multi should contain 400 mcg of Folate, which is essential for prevention of birth defects.

Calcium is another good indicator. It is a bulky nutrient and difficult to include in a one or two tablet multi serving. Yours should have at least 450 mg which is 45% of suggested daily value. You may want to add a calcium supplement if you don't consume enough dairy to reach the 1000 mg suggested value.

A vitamin that meets these criteria will cost more than drugstore vitamins but if you want better health it is the only choice to make.

<http://www.vitamins4maxhealth.com>

About the Author

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