



Healthy Reasons to Supplement with Multivitamins

It seems that eating right used to be easier. There were the basics: four food groups, three 'square' meals a day and you took a vitamin because your mom told you to. Fast forward to 2009, and it's not so simple anymore. Now we have a food pyramid, daily values, RDA's, good fats and bad fats. Not to mention those antioxidants and the free radicals that they scavenge. Most people find these recommendations hard to understand and even harder to apply to their busy lives. Meeting even the most basic recommendation of 5 servings of fruit and vegetable a day becomes challenging when eating on the run!



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In one study, researchers found that a mere 11% of the adults studied met the recommendations for fruit and vegetable intakes*. In fact, even the most health savvy person can have nutritional gaps. Unfortunately, some nutrient deficiencies can have far reaching effects. For example, healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect. Also some nutrients work synergistically, such as in the case of Vitamin D aiding in the absorption of calcium. Adequate calcium plus vitamin D throughout life, as part of a well balanced diet, may reduce the risk of osteoporosis.

So how does one cover all their bases and get the recommended nutrients each and every day? In addition to making healthier food choices, a well-balanced supplement may provide a way of covering short-

falls in the diet. You may be asking, "How do I select a quality supplement?" A well-balanced supplement includes a full spectrum of vitamins, minerals and antioxidants. Supplements may also include whole fruit, fruit extracts and natural plant-derived ingredients which provide valuable phytonutrients.

If you have a medical condition, are pregnant or nursing or on medication, consult with an educated healthcare professional regarding your particular situation before making any changes to your regime.

*Sources: NHANES Study Review www.nih.gov
Understanding Nutrition 11th edition, Whitney, E & Rolfes, S

Multivitamins
make nutrition
simple!



What is an RDA?

Recommended Dietary Allowance (RDA) is the average daily amount of a nutrient considered adequate to meet the known nutrient needs of practically all healthy people; a goal for dietary intake by individuals.

Understanding Nutrition 11th edition, Whitney, E & Rolfes, S

JAMA

According to the *Journal of American Medical Association*, two Harvard Medical School scientists recommended that all adults take daily vitamin supplements based on two factors:

1 The recognition that Americans do not receive enough vitamins from their diet alone

2 The result of nearly 40 years of clinical research indicating vitamin supplementation plays an important role in long-term good health.

Sources: *Journal of the American Medical Association*, June 2002