

## SUPPLEMENTS WHEN AND HOW MUCH



If you are like many Americans, you already take multivitamins or other supplements at least occasionally. You may take them because you don't always eat carefully, you may have concerns that today's food supply is not as nutritious as it used to be, and you want to make sure you get the vitamins and minerals you need—all perfectly good reasons. These reasons explain why many doctors recommend taking a daily multivitamin as “nutritional insurance,” especially for those most vulnerable to deficiencies: young children, pregnant women and the elderly, who don't absorb nutrients as well as younger people.

Multivitamins generally combine up to 100% of daily recommendations for 20 or more vitamins and minerals in a single pill. By comparison, some cereals give you 100% of the recommended values for eight to 12 key nutrients in a single serving— the equivalent of some multivitamins.

All of the multivitamins lined up on the shelf can look confusingly different, but they are basically alike. The differences are less important than the similarities. Look for reputable brands when shopping for any kind of supplement and select the ones for your gender and age group. Remember: If you're cutting down on food to lose weight, you're also taking fewer nutrients. The bottom line is that multivitamins are useful for anyone who is not eating very much.

Multivitamins are safe, and the reassurance they provide could be good for your health all on its own. But, as science increasingly shows, taking more than the recommended dose is not necessarily better. Small amounts of supplements are safest and most effective.

Did you know that you never can get too much of a nutrient from food? Which is one way of saying that you never can get too much of a good thing.



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