

Why the Multivitamin?

Many people ask if a multivitamin is helpful? Typically I say yes, but certain criteria have to be met. Below are my suggestions to make good choices for your health regarding multiple vitamins.

- The vitamin should be in a capsule not a tablet. Tablets are harder to digest, and many people with digestive problems cannot properly utilize a tablet.
- Brand name is important. A recent independent survey looked at 1000 different multivitamins, limited the group to 500 and then graded each vitamin with a score of 0-100. Only a handful of companies received a score over 90%. The company we use, Vitamin Research Products, was in that group. They are also the most cost effective of the 90% group. They are my favorite choice for a great quality multivitamin. The company stays very current with research, and provides prompt service when I have questions.
- Men, and women who are no longer menstruating, should not take iron in a multivitamin. Iron can be acquired from the diet. The exception would be for those who have low blood counts or who have been counseled by their physician to take extra iron.
- Take your multivitamins with food, as they will absorb better.
- The multivitamins used here at the Integrative Medicine Center are split into multiple capsules because all the necessary ingredients cannot be contained in one large capsule. That is why most one-a-day vitamins are so deficient in essential nutrients. Advertisements will include statements that say, "Now with Lutein." However, that Lutein dose may be 20 to 100 times less than what it should be.

Multivitamins Available at the Integrative Medicine Center

Extend Core: I recommend 3 a day for all who deal with chronic illness (heart disease, diabetes, high blood pressure). If you are healthy, you can take 2 a day. Take 3 a day during colds or flu.

Women's Essentials: This is similar to the Extend Core, but contains iron. The extra iron is the reason for more capsules. The dosage is 6 pills a day for those with decreased energy or chronic illness. Four pills a day for those who are healthy.



SCHNECK MEDICAL CENTER

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Appendix B: Products Sorted by Final Product Score				
Company	Product	Country	Score	Dosages & Considerations
USANA Health Sciences	Essentials (U.S.)	US	96.1	
Douglas Laboratories	Ultra Preventive X	US	95.4	
Vitamin Research Products	Extended Plus	US	93.1	
Source Naturals	Life Force Multiple	US	92.8	
Source Naturals	Elan Vital	US	91.8	
USANA Health Sciences	Essentials (Canadian)	CA	90.2	
FreeLife	Basic Mindell Mix	US	82.3	Pack product
Life Extension Foundation	Life Extension Mix	US	81.4	
Karuna	Maxxum 4	US	79.0	
Ultimate Nutrition	Super Complete	US	75.8	
Douglas Laboratories	Ultra Preventive Beta	US	75.1	
SportPharma	Multiguard	US	74.9	
Dr. Julian Whitaker's	Forward Multi-Nutrient	US	74.7	
Douglas Laboratories	Ultra Preventive III	US	70.0	
amni	Added Protection III	US	69.1	
Purity Products	Perfect Multi Focus Formula	US	68.9	
DaVinci Laboratories	Spectra Woman	US	66.8	
Doctor's Nutrition	Mega Vites Woman	US	66.8	
Mountain Naturals of Vermont	Women's Superior	US	66.8	
Douglas Laboratories	Ultra Preventive IX	US	66.6	
Nutrition Dynamics	Optimum Health Essentials	US	66.6	
Karuna	Maxxum 2	US	65.7	
DaVinci Laboratories	Spectra	US	64.7	
FoodScience of Vermont	Superior Care	US	64.7	
Mountain Naturals of Vermont	Superior Care	US	64.7	

Bronson Laboratories	Mature Formula	US	8.6	
Bronson Laboratories	Men's Complete Formula with 7-Keto	US	21.5	
Bronson Laboratories	Performance Edge for Men	US	43.6	
Bronson Laboratories	Performance Edge for Women	US	43.8	
Carlson	Multi-Gel	US	45.7	
Cell Tech	Alpha Sun	US	0.3	
Cell Tech	Omega Sun	US	0.3	
Centrum	Centrum	US	3.2	
Centrum	Forte	CA/US	4.7	
Centrum	Performance	US	5.2	
Centrum	Protegra	CA	7.2	
Centrum	Select	CA	4.6	
Centrum	Select Chewables	CA	4.0	
Centrum	Select Chewables for Adults over 50	CA	4.7	
Centrum	Select for Adults over 50	CA	5.0	
Centrum	Silver	US	4.7	
Club Vitamin	Best	US	3.6	Dosage derived