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Not all multivitamin supplements contain the right amount of vitamins that can be absorbed by the organism. There are some multivitamins that do not contain vitamins in sufficient quantities so taking these would not bring about much benefit. Since the purpose of taking multivitamins is to supplement the daily vitamin requirements of the body that can't be supplied by food alone, it is vital that the multivitamins you intake have the right amount of vitamins in each tablet.

Multivitamins are for everybody

Everybody needs multivitamins and not just older people. Younger people tend to think that because they are still young and their bodies are functioning at the optimum that they do not need multivitamins. This is a wrong thought. Everybody needs to supplement the vitamins and minerals that are provided by the food that you eat.

The difference among the age groups lay in the dosage. Children need more calcium and iron for their bone and muscle development. This need reduces in adults. However, the need for calcium and iron again increases for older adults and more so in older women.

Tips in choosing multivitamins

You cannot just pick the first multivitamin that you see. You have to know your need. Here the guidelines in choosing a good multivitamin:

â€¢ If you want to reduce your risks of having gastric cancer choose a multivitamin that contains a Beta-carotene, vitamin E and selenium combination. There are studies that show that this vitamin combination reduces gastric cancer risk. It would be better if the multivitamin also contains zinc because this helps in shielding the body from degeneration.

â€¢ Choose a multivitamin supplement that has the recommended dosage of vitamins in it. Too much of something is not good and this also true with vitamins. For example, too much manganese in the body can cause neurological disorders. Too much vitamin A can also cause liver defects, central nervous system disorders and increase the risk of osteoporosis.

â€¢ In choosing a multivitamin supplement, you should make sure that it is made by a respectable company. There are manufacturers, who in their desire to have more profit do not have all the needed vitamins in their multivitamin supplements.

â€¢ Ask your doctor. This is actually what you should first do when you want to buy a multivitamin supplement. Your doctor knows what it is that you need the most and what multivitamin brand is good for you.

With the array of multivitamin products flooding the market, it is easy to get overwhelmed on what to buy. However, if you follow the above guidelines you should be able to get a multivitamin supplement that is right for you.

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Wellness and health are the fields of expertise of this author, who also works as a nutrition coach. He has written countless reviews about vitamins and other health products including some of the a [Nutrilite reviews](#) that can be read online. His latest articles also include a [Now vitamins review](#) that compares this multivitamin brand with a wide array of other vitamin products.

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