

Guidelines for choosing multiple vitamins

By Karl Mincin

Choosing vitamin supplements should be done wisely, safely, effectively, carefully and most importantly, tailored to your individual nutrient needs. Here are some general guidelines.

- Avoid single-dose, one-a-day formulas. It's better to divide the dosage throughout the day, just as we do with food. One vitamin per day is a nice idea, but it will nourish you no better than one meal per day.
- Tip the calcium balance in favor of magnesium. Avoid the conventional ratio of 2:1. Look for equal parts of each. When tested, more people are deficient in mag than in cal.
- Avoid iron unless you have a deficiency confirmed by proper blood tests. In excess, iron is a pro-oxidant; it causes the kind of damage we try to protect against with anti-oxidants.
- Drink extra water when taking any vitamin supplement. These concentrated nutrients need to be diluted for proper utilization.
- Have a dietary analysis performed to determine the amount of vitamins and minerals your food supplies. Remember, it is your diet that is being supplemented.
- Get a free professional review and evaluation of all your vitamin supplements, drug-nutrient interactions, etc. For starters go to <http://nutrition-testing.com/nutritionresource/Articles/ArtProfVitEval.htm>

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Compare Your Multiple

To: **Omnivite**



Each 2 tablets or 3 capsules contain:

Amount Per Serving	% Daily
Vitamin A (5,000 IU as Retinol, 5,000 IU as Betatene) (Betatene is comprised of Beta-Carotene, with full spectrum Carotenoids including Alpha-Carotene, Zeaxanthin, Cryptoxanthin, Lutein, and Lycopene)	10,000 IU
Vitamin C (as Calcium Ascorbate)	333 mg
Vitamin D-3 (as Cholecalciferol)	500 IU
Vitamin E (as Mixed Tocopherols Complex)	100 IU
Vitamin K (as Phytonadione)	333 mcg
Vitamin K2 MK-7	35 mcg
Vitamin B-1 (as Thiamine HCl)	25 mg
Vitamin B-2 (as Riboflavin)	17 mg
Vitamin B-3 (50% as Niacin/50% as Niacinamide)	66 mg
Vitamin B-6 (as 33 mg Pyridoxine HCl/ 0.7 mg Pyridoxal-5-Phosphate Complex)	33.7 mg
Folate (as L-5-MTHF)	800 mcg
Vitamin B-12 (as Methylcobalamin)	333 mcg
Biotin	100 mcg
Vitamin B-5 (as Calcium Pantothenate)	200 mg
Calcium (50% Ca Citrate/50% Ca Aspartate)	126 mg
Iodine (from Organic Kelp)	67 mcg
Magnesium (from Aspartate)	167 mg
Zinc (50% Picolinate/50% ZnAACC)	14 mg
Selenium (from Selenium AACC)	67 mcg
Copper (from Copper AACC)	0.7 mg
Manganese (from Manganese AACC)	7 mg
Chromium (from Chromium AACC)	67 mcg
Molybdenum (from Molybdenum AACC)	17 mcg
Potassium (from Potassium AACC)	33 mg
Vitamin B-10 (Para-Aminobenzoic Acid)	17 mg
Choline (from 50% as Choline Citrate/ 50% as Choline Bitartrate)	21 mg
Inositol	50 mg
Citrus Bioflavonoids	67 mg
Rutin	7 mg
Hesperiden	7 mg
Boron (from Boron Citrate)	1 mg
Vanadium (from Vanadium AACC)	17 mcg
Silica	167 mcg
Strontium (Citrate)	1 mg
Bromelain (3000 GDU/gm)	33 mg
Iron (available with or without)	10 mg

*Daily Value not established

Asp/Asc = Aspartate/Ascorbate

AACC = Amino Acid Chelate Complex

Please send a copy of your completed Worksheet to Karl Mincin

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