

How to choose a good vitamin

1. Read ingredient labels. There should only be the supplements you are looking for. There should not be preservatives, fillers, colorings or dyes.
2. Take a look at trace minerals in a multiple. If the company has included chromium, selenium and molybdenum it is fairly good.
3. Look at B vitamin content. The B vitamins should be between 20-50 mg/ per daily dose.
4. The minerals should be chelated with an amino acid. Calcium in particular needs to be either a calcium citrate, maleate or carbonate. It should not be oyster shell.
5. For post menopausal woman, the calcium should also contain vitamin K and boron. It can contain ipriflavones (found in soy) but caution should be taken if your white blood cell count is low.
6. Individual Nutrients
 - Vitamin A: mixed carotenes, palmitate
 - Vitamin D: D3
 - Vitamin E: d-alpha tocopheryl
 - Vitamin K: should be included
 - Vitamin C: calcium or sodium ascorbate
 - Folate
 - Biotin
 - Calcium: citrate maleate, carbonate NOT oyster shell
 - Iron: iron picolinate not ferrous sulphate
(should not have iron if you are menopausal)

