



Sea Lark Chiropractic

TOP 5

Mistakes

People Make When Choosing

A Multivitamin



Don't waste your time and money on multivitamins with limited absorbency, unnecessary or harmful ingredients, or inactive forms of vitamins. Be confident with what you put in your body by avoiding these common mistakes.

MISTAKE #1 Not taking a multi-vitamin

It is true that eating a healthy diet is more beneficial than relying on supplements, but even if you are eating "healthy" studies have shown that it is nearly impossible to get all the nutrients, vitamins and minerals we need. Very few Americans get the recommended amount of fruits and vegetables. In a Centers for Disease Control study conducted in 2013 only 13.1 percent of Americans ate the recommended fruit intake and only 8.9 percent ate the recommended daily vegetable intake. Even if you do eat your veggies, modern farming has overused the soil and stripped it of the vital nutrients that would otherwise be incorporated into the food we eat.



Certain populations are at greater risk of vitamin and mineral deficiencies:

- Some people with chronic health conditions require more nutrients
- Elderly people can have poor absorption, poor appetite and chronic health conditions
- Many children are picky eaters
- Many teenagers have poor diets with too much fast food
- People on strict diets like vegans and vegetarians may be deficient in B12 because we get B12 from animal products
- Women of childbearing age are at risk of iron deficiency and getting adequate levels of folate during pregnancy

A good multivitamin will assure you are at least getting the minimum amounts of critical vitamins and minerals.



MISTAKE #2

Taking tablets instead of capsules

Tablets are harder to digest. They are packed together tightly because they use more binders, lubricants, and coatings to stick them together. This makes it take much longer for them to break down in your digestive system. If the tablet breaks down too slowly you will not absorb the nutrients. Many tablets are sprayed with coatings such as pharmaceutical glaze like shellac, and uncoated tablets are rougher and harder to swallow.

A capsule breaks down within minutes of hitting your digestive tract, and therefore, the nutrients are better absorbed.

MISTAKE #3

Taking vitamins with sterates and other harmful unnecessary ingredients

Unnecessary ingredients can interfere with absorption or harm the health of the user. It is easier and cheaper for the manufacturer to use unnecessary or harmful ingredients.

Sterates, including stearic acid or magnesium stearate, are very common lubricating agents. Their main purpose is to help the supplements flow through the manufacturing equipment faster. It helps the ingredients from sticking together or to the machine. Sterates can reduce the absorption rate of some nutrients which reduces the effectiveness of the supplement.

Common allergens such as wheat, corn, gluten, yeast, egg and dairy products are often added. Other common fillers that are linked to numerous health problems include artificial colors and dyes, artificial sweeteners, artificial flavors, artificial preservatives, and hydrogenated oils.





MISTAKE #4

Not having the correct forms of vitamins

Make sure your multivitamin contains the most bioavailable forms (forms that are most easily absorbed and used by the body) of nutrients to maximize absorption and to make sure you are getting the nutrients you need. Nutrients can come from natural nutrients or synthetic nutrients. Synthetic nutrients are made artificially. Even though natural and synthetic nutrients are similar your body can respond to them differently. You want to make sure you are getting the natural form of vitamins so your body can absorb and use them more easily and more effectively.

A few examples:

● Vitamin B6 & B12

People with liver conditions, digestive disorders, or increased age may have difficulty converting the non-active forms of B vitamins into the most active forms necessary for use.

The most common form of vitamin B6 found in supplements is pyridoxine HCl, which is not the most bioavailable active form. Vitamin B6 is most easily absorbed in the pyridoxal 5'-phosphate form.

Vitamin B12 is especially important to vegans and vegetarians because B12 is only found naturally in animal-sourced foods. Vitamin B12's most easily absorbed forms are adenosylcobalamin and methylcobalamin.

● Folate

Folate is the most well known for being needed by pregnant women to reduce the risk of spinal cord birth defects, but Folate is crucial for all men and women. It supports mood, heart health, fetal development and nerve support. Many supplements have folic acid that is not in its active form, leaving people deficient. Many people have liver dysfunctions, use acid-blocking medications, have gastrointestinal disorders such as inflammatory bowel disease that can make it hard for them to convert folic acid into its active form. Check your vitamin label for Folic acid and make sure it is in its active form, 5-MTHF (L-5 Methyltetrahydrofolate).

● Iron

Iron deficiency anemia is a very common condition. Iron is critical for building new blood cells. The only way to know if you are deficient in iron is to have a blood test. Many supplements are made with ferrous sulfate which is known to cause side effects such as constipation, bloating and nausea. Ferrous sulfate is poorly absorbed. Iron bisglycinate is less likely to cause gastrointestinal upset and is absorbed more easily. Check you label to make sure the form of iron used is iron bisglycinate and not ferrous sulfate.



MISTAKE #5

No Certifications or Testing

High-quality ingredients mean better absorption, digestibility, and overall better health. Pick a multivitamin that the manufacturer has performed comprehensive testing on to insure it does not contain allergens, contaminants, mold, or heavy metals. Don't assume that what's on the label is what is actually in the bottle.

Check your vitamin label for these third-party certifications:

Current Good Manufacturing Practices (cGMP) by the U.S. Food and Drug Administration

Australia's Therapeutic Goods Administration is widely recognized as the toughest regulatory agency in the world.

The National Science Foundation (NSF) Certified For Sport does third party testing to ensure that products contain only the ingredients listed on the label in the amounts listed and don't contain any harmful ingredients. There are more than 270 substances that have been banned by the World Anti-Doping Agency and the United States Anti-Doping Agency that will disqualify an athlete from competition.

If you are a competitive athlete, you need a supplement that has the NSF Certified For Sport seal to ensure your supplements don't contain any illegal or banned ingredients. Even as a non-competitive athlete you still want to make sure you are not getting any ingredients that could harm your health. The NSF Certificate gives athletes and non-athletes confidence that no banned substances are in their supplements.

Be confident about what you are putting in your body!

I recommend Thorne Research as they meet all the criteria listed above. They have superior formulations and the highest quality vitamins and minerals in the most absorbable form.

Their vitamins are made the right way with capsules, no nasty fillers, and high-quality ingredients. They have multiple testing certifications to make sure the supplements are pure and that you are getting what it says on the bottle.

Thorne is my go-to source for vitamins and supplements. They are the vitamins I take personally.

Thorne offers different multivitamin formulations depending on your age, sex and activity level. Check them out here <https://www.thorne.com/u/sealarkchiro>. Take the quiz by clicking on Quizzes along the top row to find the best multivitamin for you!