



HOW TO CHOOSE A MULTIVITAMIN

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DAILY VALUE

According to government researchers, this is considered the minimum amount of a vitamin or mineral that you should be consuming daily to prevent a nutrient-deficiency disease. Some, such as Vitamin C, may meet or exceed 100% DV, which is okay! An asterisk * means there is no set DV, such as herbs or omega fats. You'll probably want to buy those separately for a therapeutic dose anyways.



MULTIVITAMINS FOR ALL

Like Oprah would say, "You get a vitamin, you get a vitamin, and you get a vitamin!" Today, there are specialized multivitamins for all walks of life ranging from children, teens, women, men, pre and postnatal, seniors and those who may have allergies. Choose what works for you!



SERVING SIZE

Multivitamin tends to also mean multiple pills. Many of the essential vitamins and minerals in multis (vitamin A, D, E and K) are fat-soluble, so make sure to take them at a meal with a good amount of fat, or a scoop of peanut butter or yogurt in the morning if you skip breakfast!



GO NATURAL

Natural sources are always better when it comes to vitamins. "The natural form of vitamin E is absorbed twice as well as synthetic, but it's really hard to tell the difference. On supplement labels, natural vitamin E is listed as "d-alpha-tocopherol" while synthetic is "dl-alpha-tocopherol." The only difference is the 'l'. Sneaky, huh? [1]



QUALITY

ALWAYS choose a multi that is plant-sourced! Clean, organic and non-GMO ingredients are the way to go. Choose a company with transparency that has sustainable practices that you can trust!



AVOID FILLERS

Many commercial vitamins have magnesium stearate or other chemical additives as binders or fillers that have NO nutritional value at all. Avoid these and look for clean ingredients!