

How to Choose a Multivitamin/ Mineral Supplement

1) Do not self prescribe supplements. Check with a family doctor or registered dietitian before taking any multivitamin/mineral supplement.

2) Be careful: check with your family doctor or a registered dietitian before taking a multivitamin/mineral supplement with added herbs. Such supplements can have serious side effects or be harmful when taken with certain medications.



3) Choose a multivitamin/mineral supplement that contains no more than 100-150% of the daily value U.S. RDA. More is not always better!

4) Choose a multivitamin/mineral supplement that is age and gender appropriate. Varying amounts of some nutrients are needed depending on age and gender.

5) Look for the initials USP on the supplement label. These initials mean that the supplement has been tested and is approved by the United States Pharmacopeia. Approval by this organization means a high quality supplement. This approval appears on store and name brands products alike—higher price does not equal higher quality!

6) Check the expiration date on the label. Supplements can lose their effect over time. Throw away any supplements that have expired.

Adapted from The American Dietetic Association Fact Sheet "Do you need a Multivitamin/Mineral supplement?"

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