



# WOMEN'S HEALTH

## Matching Your Multivitamin To Your Health Concerns

(NAPSA)—Our health and nutrition concerns change throughout our lives and so should our multivitamin. So, taking a complete daily multivitamin, specially formulated for age and gender, can be a simple way to do something more for our health. But how do you know which multivitamin to choose? The following answers to some frequently asked questions could help:

**Q: Should I take the same multivitamin as my husband?**

**A:** Men and women have different nutritional concerns, so they will want to look for a multivitamin that is formulated with specific ingredients to address their gender specific health concerns.

For example, women can choose a multivitamin, such as One A Day® Women's, which is specially formulated with twice the amount of calcium and vitamin D, as compared to Centrum®, to promote strong bones and support breast health.

**Q: I've recently begun a new diet and workout routine, is there a particular multivitamin that will give me nutritional support while I work to manage my weight?**

**A:** While you diet and exercise as part of your daily regimen, it is a good idea to supplement with a complete daily multivitamin containing 100 percent of key vitamins and minerals plus a unique guarana blend and B-vitamins for energy and nutritional support.

**Q: I'm at the age where I'm starting to think about having a baby. Is there a certain multivitamin I can take?**

**A:** The Food and Drug Administration has stated that adequate



**A woman's health and nutrition needs change throughout her life.**

folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect. To help ensure your health and the health of your baby, you should choose a complete multivitamin like One A Day® Women's Prenatal, which is specially formulated with folic acid as well as DHA to support a baby's healthy brain and eye development.

**Q: I'm over 50 and know that my nutritional needs are different now than they were 20 years ago. Do I have to take the same multivitamin I've been taking since my 30s?**

**A:** In addition to choosing a multivitamin that includes key ingredients to support gender specific health concerns, men and women over 50 can also look for an age appropriate multivitamin formulated with ingredients like ginkgo biloba to help promote memory and concentration, a common concern as we age. For additional information, visit [www.oneaday.com](http://www.oneaday.com).