

Health Bulletin

Multivitamin Guide For Him And Her

(NAPSA)—Understanding the ABCs of multivitamins can help people better meet their health goals. But did you know that men and women have different nutritional needs? The Institute of Medicine provides recommendations on which nutrients at which levels are necessary to help meet the nutritional needs of men and women.

Since most men and women do not meet their nutritional needs from diet alone, some doctors suggest taking a multivitamin to help fill nutritional gaps. What else can you do to ensure you meet your health goals? Registered dietitian and Centrum Ultra spokesperson Samantha Heller offers these tips:

Give our Health an A by Getting D

Vitamin D, also known as the sunshine vitamin, is integral to health, but new research suggests most people in the U.S. are not getting enough. This vitamin is particularly important for strong bones. Contrary to popular belief, both men and women of all ages can benefit from vitamin D and calcium to help keep bones strong. Emerging research suggest that vitamin D has other benefits, such as support for breast health for women. Vitamin D is not abundant in foods, so taking a multivitamin with the right amount of vitamin D can be important.

Multitask With Magnesium

Even though magnesium is a mineral that is important for



Experts say the multivitamin you need could depend on your age and gender.

energy, metabolism, protein synthesis, healthy muscle and nerve function, most Americans are not getting enough of it in their diets. To up your intake, add green leafy vegetables, nuts, seeds and whole grains to your diet.

Power up With Bs

B vitamins include B6, B12, riboflavin, thiamine, folate and niacin. They're key players in DNA synthesis; processing carbohydrates, proteins and fats, generating energy and maintaining our central nervous system. Not getting enough of the B vitamins could leave you feeling tired. Make sure your diet is full of foods high in B vitamins including spinach, asparagus, beans, melon, broccoli, fish, poultry and eggs.

These statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.