

# HEALTH NOTES

## Vitamin Supplements

(NAPSA)—While all people should strive to eat a healthy and balanced diet, the reality is most people do not get an optimal amount of nutrients by diet alone. This shortfall makes the need for dietary supplements, like a multivitamin, especially important.

### Multivitamins: An Investment in Good Health



Source: Council for Responsible Nutrition



**For as little as a dime a day, multivitamins are a sound investment in good health.**

Scientific evidence supporting the health benefits of nutritional supplements has grown dramatically over the past decade. Recently, two Harvard University researchers published a recommendation in a prestigious medical journal that suggested all adults take one multivitamin daily. Another report, *The Benefits of Nutritional Supplements*, from the Council for Responsible Nutrition, reviewed more than a decade's worth of scientific studies on nutritional supplements and concluded that consistent use of multivitamins and other supplements can promote good health and help prevent disease.

The use of a multivitamin, preferably with minerals, would benefit most people and should be taken daily as the base of a good nutrition program. Other supplements, such as calcium, vitamin C, vitamin E and others, can be added depending on an individual's life stage, gender or lifestyle.

To learn more, or for a copy of *The Benefits of Nutritional Supplements*, visit [www.crnusa.org](http://www.crnusa.org).