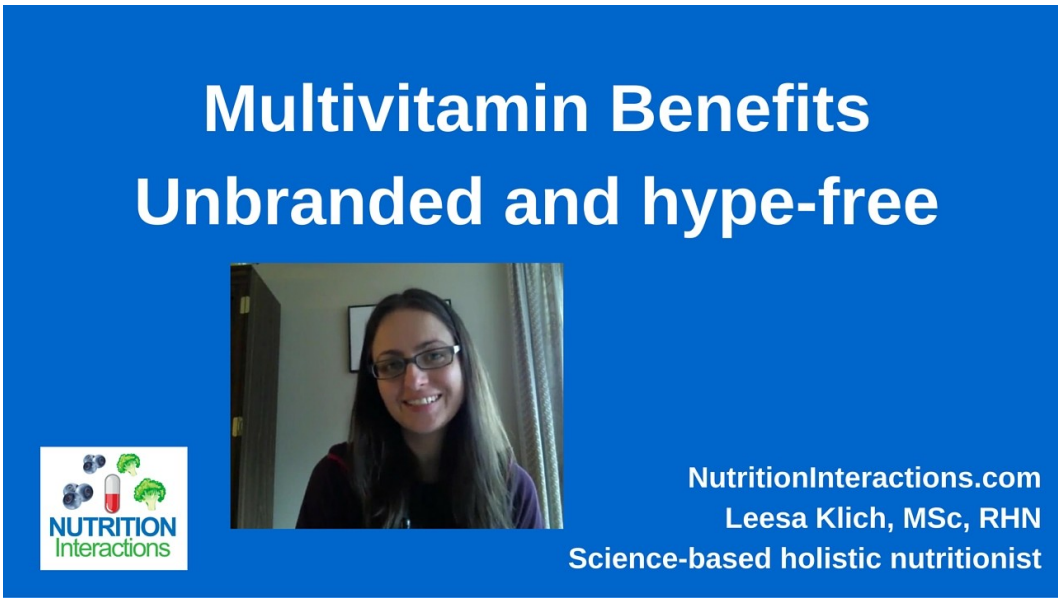

- You can **watch the video (and see the references) here.**
- Unbranded & hype-free video, based on the science (I'm not sponsored by, endorsing, or critiquing any supplements)
- A "**multivitamin**" is a single supplement containing a minimum of three vitamins, and may/may not contain minerals
- Benefits of taking multivitamins:
  - They're safely used when...
    - Heed cautions/warnings/contraindications
    - Read ingredients (including non-medicinal)
    - Take recommended dose
  - Help fill common small nutritional gaps in the average population
  - May help when nutrient needs are higher than average:
    - Iron-deficiency anemia
    - Folate (Vitamin B9) for prevention of neural tube defects
    - Vitamin B12 for prevention of neurological damage in people over the age of 50
    - Vitamin D for prevention of bone issues (osteoporosis)
- Studies show multivitamins can reduce risk of:
  - Cancer – **small reduction only in men**
  - Cataracts – **certain types only**
  - Cognitive performance – **certain types only**
    - Death (all-cause mortality) – NO
    - Heart Disease – NO
- NOTE: Your best bet for nutrient sufficiency is a balanced diet with a variety of nutrient-dense foods – multivitamins cannot replace healthy food!

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NUTRITION
Interactions

Hi, I'm **Leesa Klich**, Science-based Holistic Nutritionist and owner/creator of Nutrition Interactions.

Do you know the amazing number of roles each nutrient plays in your body?

It never ceases to amaze me, the balance and resilience your body has when it comes to absorbing, distributing, metabolizing and excreting thousands of nutrients from foods and supplements. And scientists are finding out more every day.

My goal is to help **Maximize NUTRITION and Minimize INTERACTIONS** by:

- Helping people who are taking medications avoid drug-food and drug-supplement interactions, and to strategically replace nutrients depleted by their medications;
- Finding out which "functional foods" and supplements actually work, what they do, and what they interact with;
- Finding the true hazards of medications and procedures, and empowering patients to minimize risk (everything has a risk, it may be tiny or huge, but I'll find out!);
- Helping holistic practitioners who want to learn more about science and research, who want more evidence-based approaches in their practices.

You can **work with me here**.

If you found this list of multivitamin benefits helpful, and maybe know someone else who could use it, then by all means, ***feel free to share by clicking the buttons below.***

Thanks a bunch!

Leesa :)