

# MULTIVITAMIN BENEFITS - UNBRANDED AND HYPE-FREE



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- 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!

## References:

### We don't eat enough nutrients:

- <http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/art-nutr-adult-eng.php>
- [http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/cchs\\_focus-volet\\_esc-en-g.php](http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/cchs_focus-volet_esc-en-g.php)
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3174857/>
- <http://www.statcan.gc.ca/pub/82-625-x/2015001/article/14182-eng.htm>

### Our blood levels are low in key nutrients:

- <http://www.ncbi.nlm.nih.gov/pubmed/26597770>
- <http://www.ncbi.nlm.nih.gov/pubmed/25277808>
- <http://www.ncbi.nlm.nih.gov/pubmed/26579949>
- <http://www.ncbi.nlm.nih.gov/pubmed/26641010>

### Multivitamin Benefits #1 – #6:

- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4109789/>

### Multivitamin Benefit #1 – They're safe:

- <http://www.ncbi.nlm.nih.gov/pubmed/24219377>

### Multivitamin Benefits #2 & #3 – They can help fill small nutrition gaps:

- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3823510/>

### Multivitamin Benefits #4, 5 & 6 – They can reduce risk of a few diseases in a few people:

- <http://www.ncbi.nlm.nih.gov/pubmed/24941429>
- <http://www.ncbi.nlm.nih.gov/pubmed/25584933>
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3967170/>
- <http://www.ncbi.nlm.nih.gov/pubmed/22330823/>
- <http://www.ncbi.nlm.nih.gov/pubmed/20191258/>

### Leading causes of death in Canada (Nope, it's not heart disease & stroke):

- <http://www.statcan.gc.ca/tables-tableaux/sum-som/l01/cst01/hlth36a-eng.htm>



Hey, I'm Leesa!

**Health writer – Blogging expert – Research nerd.**

I help health & wellness professionals attract more email subscribers & clients using their blogs. I move them from feeling stumped & overwhelmed to confidently & consistently showing off their expertise. I make credible research-based blogging both strategic & easy, which saves them a ton of time so they can focus on what lights them up in their business & life.

**It just takes a few minutes to publish expert health content!**

A la carte well-researched, [pre-written health articles ready for YOUR blog](#).

All you need to do is choose the best topics for you, buy and download them, customize it (if you want to), and upload it to your blog as *your own* content.

Easy peasy. And waaay less time than creating a post from scratch!



Plus, have you seen the PubMed references on [these guys](#)?

Some people love that the articles are so long and detailed that they break them up into two weeks worth of content on their site.

Each one has taken me 12 -16 hours to create, so I'm saving you TIME (and letting you borrow my "science brain")! In order to make sure that each of these high-quality health articles maintain their originality and integrity, **each one will be removed once it's been purchased by 50 wellness professionals.**

So, [if you see something you like](#), grab it while it's still available!

## Use your blog to attract more subscribers and clients!

 <p>READY TO MAKE EACH BLOG POST COUNT?</p> <p>SINGLE BLOG POST OPTIMIZATION PLAN</p> <p>LEESA KLICH.COM</p>	<p><a href="#"><u>Single Blog Post Optimization Plan</u></a> (for newer bloggers)</p> <ul style="list-style-type: none"><li>● Want confidence that you're on the right track?</li><li>● Let's make sure your blog posts have all the essentials in place to grow your business!</li><li>● Get more blog readers to sign up for your email list and become clients! You'll learn exactly the things you need to do to turn each blog post into a marketing tool that grows your business 24/7.</li></ul>
 <p>BLOG AUDIT SERVICE</p> <p>VIP HEALTH BLOG OPTIMIZATION PLAN</p> <p>LEESA KLICH.COM</p>	<p><a href="#"><u>VIP Health Blog Optimization Plan</u></a> (for more experienced bloggers)</p> <ul style="list-style-type: none"><li>● Already have at least 6 (or dozens maybe?) blog posts published?</li><li>● I'll do a deep dive to help strategize categories, opt-in freebies, and look for broken links and social media success.</li><li>● You want your entire health blog to become a subscriber and client-getting tool. And not just your blog posts, but how to align your categories and opt-ins, and identify broken links, as well as your most popular posts so you can strategically create more of them. I'll even give you some ideas how to strategically plan out your future posts.</li></ul>

