

Multivitamin review essay



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I have compared the charts to a bottle of Women's One A Day. Most of the minerals and vitamins are 100% the daily value. There are a couple of minerals that are not included in the vitamin such as; Sodium, Potassium, Chloride, Phosphorus, Sulfur, Iodine, Fluoride and Molybdenum. What are some of the benefits you stand to receive by taking it every day? The main benefit of taking a multi-vitamin every day is to prevent deficiency. Having a vitamin deficiency in your diet can cause severe illness and sometimes death.

Our body requires the 13 essential vitamins to function properly. Those vitamins are A, C, D, E, K, B12, and the 7 B-complex vitamins. Does taking a multivitamin every day raise your intake of a particular vitamin or mineral to near-toxic levels? Most over the counter multi-vitamins are water soluble and any excess is excreted off in the urine. Over course there is a level that is too much.

Such as Iron (which is something that I have been having problems with). It can cause a lot of problems and probably even death.

Too much Vitamin K can cause blood clots, but taking a multi-vitamin every day is very beneficial. What are the consequences of toxicity? There are different consequences for each vitamin. Toxicity with Vitamin A can cause bone remodeling, which is a permanent consequence.

Toxicity with Vitamin D can cause kidney stones. Toxicity in vitamin K can cause hyperbilirubinaemia, anemia or possibly even death. Too much Vitamin C can cause diarrhea, nausea, vomiting, heartburn, cramps, headache, insomnia, and also kidney stones.