



# nutrinews

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## GROUP MEETINGS

### Healthy Options on Campus

*Nutrition Info and Demonstration Table*

**when:** Every other Wednesday at Noon

**where:** Student Union food areas

*location will vary, watch for us!*

### Changes for Life

*healthy weight education and support group*

**when:** every Tuesday at Noon

**where:** Campus Health (3rd Flr. East Conf. Rm)

**cost:** \$5 per meeting (or \$50 per semester)

## Multivitamin/mineral Supplements (“multiples”) most frequently asked questions.

### Do I need to take a multiple daily?

Yes. As “health insurance” for erratic, hectic and often stressful schedules, getting into the habit of taking a multiple every day is a great idea.

### What should I look for in a multiple?

Choose a product that has a broad range of vitamins (A, C, D, E, K, beta carotene, and all of the Bs including thiamin, riboflavin, niacin, B6, B12, and Folic acid) and important minerals (iron, magnesium, potassium, zinc, copper, phosphorus, and selenium). Also look for the USP stamp on the label, which is your assurance that the pill will dissolve in your stomach and that certain manufacturing standards have been met.

### How can I be sure I am getting enough, but not too much?

Your multiple should contain between 100% to 300% of the Daily Value for most of the vitamins and minerals provided. Not one that has 2% of one and 600% of another.

### Will a multiple provide all the nutrients I need?

No. Most are low in calcium and magnesium. Since most people don't get enough calcium, it's good to take a separate calcium supplement, many of which include magnesium.

### How can I save money and still get a good quality vitamin?

Avoid supplements containing unnecessary, and often costly, ingredients like lipoic acid or enzymes. Also avoid “natural” products such as herbs (ginko biloba and ginseng are a popular examples). Look for store brands that meet the criteria above – these will be just as good as national brands, but cheaper! Spending more than \$10 a month means you're probably paying for unnecessary “extras”.

### What's the best time of day to take a multiple?

The time of day is not as important as what you take them with. For maximum absorption, and to decrease the chance of stomach upset, take your multiple with food. Also, take a multiple with iron at a different time than your calcium supplement since together they decrease absorption.

### Can I trust label claims?

Probably not. Claims that a product is “complete”, “balanced”, or “high potency” have little to do with the real formulations. Read the labels and look for the USP stamp no matter what the claim.

*Adapted from Shape Magazine, March 1998 and ConsumerLab.com product review 9/18/04*

Questions? email: [wildcatnutrition@yahoo.com](mailto:wildcatnutrition@yahoo.com)

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