

# What Multivitamin Should I Use?



## Forms of Multivitamins

- Liquid
  - Some brands are complete
  - Most formulations for infants are not complete because most infants receive the majority of their vitamin and mineral needs from human milk and/or formula, with the exception of Vitamin D and iron
- Gummy
  - Not complete
  - Typically do not contain any iron
- Chew tablet
  - These are complete in vitamins and minerals
- Powder
  - Some brands are complete
  - Typically more difficult to find and more expensive
  - Some brands available as allergen free, colorless, and/or flavorless

## Types of Multivitamins

- Infant
  - Typically contain Vitamin A, C, D, E, B vitamins, and sometimes iron
  - Also available in single nutrient forms (such as only Vitamin D)
  - For exclusively human milk fed infants, ensure vitamin contains 400 IU Vitamin D and ensure that it contains iron by 6 months of age if infant has not started solid foods that are good sources of iron
- Child
  - Ensure that vitamin contains iron if child's diet is inadequate in iron-containing foods
  - All forms of multivitamin are not a good source of calcium
- Teen
  - May differentiate between girls and boys
  - Girl's forms may contain higher doses of iron
- Adult
  - Forms differentiate between men and women, and sometimes differentiate between ages
  - Women's forms may contain higher doses of iron
- Prenatal
  - Brands vary, but usually contain higher amounts of iron and folic acid
  - May not be complete in all vitamins and minerals