



Gary Michael's Multi-Vitamin Misconceptions: The Good, the Bad, and the Ugly Revisited

By: Gary Michael Foresman

At every Free Community Health Update Dr. Foresman holds, he comments on how much good, or how much harm, Multi-Vitamins can do to our bodies. Each time he mentions Multi-Vitamins, he says: “If the two things you are most concerned about when getting a Multi-Vitamin are whether or not it is cheap and easy, then do not get anything at all. You will save the most money, and that would be the healthiest choice you could make.” Dr. Foresman also consistently refers people to the [Nutrisearch Comparative Guide to Nutritional Supplements](#), by Lyle MacWilliam MSc, FP which we carry at the Middle Path Medicine Supplement Shop. This guide lists supplements that are scientifically rated and compared to determine what the best brands are and what brands consistently fall short.

If you are getting a Multi-Vitamin without the guidance of a medical professional, then it is important that you refer to either our Supplement Shop and its employees or this book to make sure you are helping your body and not harming it.

In this article, I have compiled two lists, the first with the 4-5 star Multi-Vitamins you should consider, and the second with the 0-2 star Multi-Vitamins which studies have shown again and again harm those who take them or (at best) do absolutely nothing. These are only some of the Multi-Vitamins listed, especially in the extensive 0-2 star list, so please refer to the Comparative Guide if you do not see your Multi-Vitamin listed.

4-5 Star Multi-Vitamins (A-Z):

These are the well-formulated Multi-Vitamins that studies have shown to vastly improve your health in countless ways with consistent use. There are substantially fewer good-quality, well-formulated Multi-Vitamins and they cost a bit more due to all of the thorough research, planning, and formulating that goes into these supplements. A few of them are:

- Douglas Laboratories (Ultra PreventiveX)
- Healthy Wize Vital Nutrients
- NSI (Synergy Men’s Version 2)
- Ortho Molecular (Alpha Base)
- Pure Encapsulations
- Source Naturals (Life Force Multiple)

- USANA Health Sciences Essentials
- Vitamin Research Products
- DaVinci Laboratories (Spectra Multi Age)
- Pure Essence Labs (Life Essence)

We carry several of these Multi-Vitamins because Dr. Foresman has researched every one of them far more than a typical store can (because he is an MD with the authority and knowledge-base to do so) and agrees with the assessment that the Comparative Guide has provided. Although we are a small business, we are lucky enough to be able to share a Buy One, Get One FREE discount on our Source Naturals Life Force Multi. Priced at \$31.79¹ (with tax) for two months' worth, it costs only \$0.53 a day to substantially reduce cardiovascular mortality, cancer risk including (but not limited to) breast, prostate, and colon cancer, myocardial infarction, infections, and overall-mortality. Should you decide not to invest in your health, please at least avoid the potentially harmful Multi-Vitamins listed below.

2 Star and Below Multi-Vitamins (A-Z):

These are the “Centrum-like” Multi-Vitamins that studies show hurt people from imbalances and poor quality vitamins. If you are taking a Multi because it is cheap and/or easy (one-a-day) like most of the multi-vitamins in this list, the cheapest, easiest, and SAFEST thing to do is to take nothing at all. They may be cheaper, but they come at a far greater cost.

This is a very small list I compiled for you, there are many, many more in the book that I did not include. Again, these are excerpted from the Nutrisearch Comparative Guide to Nutritional Supplements, by Lyle MacWilliam MSc, FP, which we carry at the Middle Path Medicine Supplement Shop. Some of these products actually got 0 stars. Please be careful with what you put inside yourself!

- Centrum
- CVS Pharmacy
- Equaline
- Equate
- Garden of Life
- GNC
- Herblife
- Isagenix
- Kirkland
- Life
- Longs
- MegaFood
- Nature Made
- Nature's Life

¹ Approximately. Prices are subject to change with time.

- Nature's Way
- Now
- One a Day
- Puritan's Pride
- Rite Aid
- Safeway
- Solgar
- SunMark
- Target
- Vitamin Power
- Vitamin Shoppe
- Vitamin World
- Vitasmart
- Walgreens
- Wild Oats

We refuse to carry any of these brands because of the countless studies that show how damaging their supplements can be to our customers. Everything we carry is individually researched to ensure that we are selling top-quality supplements and nothing that could increase mortality rate and risk of cancer.

There are innumerable poor-quality supplements available at a typical health food store, each bottle making promises and taking advantage of trends in the media. The 4-5 star multi-vitamins are not easy to find or distinguish among all of the cheap and harmful ones. It's smart to consult someone who has training and knows about nutrition before taking supplements. Your average grocery store employee most likely has no idea what applications each supplement has. Please don't ask the typical cardiologist or oncologist or dermatologist for nutrition help as that is not their line of study.

Read [Your Journey to Health and Healing](#) and Middle Path Medicine's webpage to see if Gary E. Foresman, MD is the right doctor and guide for you. With his vast knowledge of Internal Medicine and extensive education in all aspects of nutritional support, Dr. Foresman hand selects every item in our Supplement Shop. This ensures that his patients and our customers have access to the best, giving you the confidence that you are taking truly well-studied supplements intended for optimal human health and healing.

As a reminder, our Supplement Shop is open to the public, which means you do not have to be a patient—come by any time and say hi!

Wishing you a good life during Your Journey to Health & Healing,
Gary Michael Foresman

References:

[Nutrisearch Comparative Guide to Nutritional Supplements](#), by Lyle MacWilliam MSc, FP

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