



What to look for in a multivitamin

Drugstore shelves are bursting with multivitamin options, but is there really a difference? Yes, according to Dr. Jeffrey A. Morrison, head of a New York City medical center. "Men and women over 40 should avoid multis with iron, because too much can increase the risk of heart disease. Pregnant women should choose a vitamin with higher amounts of fish oil and folic acid." If you want to buy one bottle for the whole family, Dr. Morrison suggests a multivitamin with lower overall potency to avoid any potential risks.