



Women's Health Library

Choosing Your Multiple Vitamin



Dr. Patricia Beckstead
Founder

Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

These supplements may be purchased on
Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Today it's harder for us to receive the nutrients we need from our food than it was for our grandparents. Whether it's attributable to our busy lifestyles, environmental hazards like smog and pollution, or to foods grown in nutrient poor soil, getting all the needed vitamins and minerals directly from our diets is rarely a simple matter. The addition of a good multivitamin is more important than ever to supplement our diets.

Here is what to look for in a good multiple vitamin supplement:

- **Manufacturer standards and reputation in the industry.** Manufacturing based on scientific research, using superior quality raw materials and rigorous quality control, and most importantly adhering to the Good Manufacturing Practices (GMPs) established by the Food and Drug Administration (FDA).
- **Complete formulas.** Including essential vitamins such as A, B-complex, and C, plus important minerals like magnesium, iron and zinc.
- **Pure, high quality supplements.** Manufactured according to strict quality control standards. Containing no sugar, starch, artificial colors, flavors, or preservatives.
- **Dosages to fit your needs.** A product designed to fit your needs and busy schedule, offering a single daily dosage in capsules, tablets, softgels or prolonged release formulas.
- **Special formulations.** Created to meet different needs---for women during all stages of their reproductive life, or vegetarians, or for those suffering from allergies, and they should be available in effective potencies.
- **Highly bio-available ingredients.** Designed and tested to assure the ingredients will easily break down in the body for maximum availability of nutrients.
- **Best By Dating.** Guarantees product freshness and potency.

Freedom from Menopause offers you our superior Multi-Vitamin/Mineral:

Ultimate One®:

- Formulated for a single daily dosage. Also available in iron-free.
- A prolonged release formula absorbed by the body over a 2-4 hour period.