

MULTIVITAMINS 101

While multivitamins only have “vitamins” in their name, multivitamins usually include a mix of several important vitamins and minerals. These key nutrients are involved in everything our bodies do—they help our bodies work their best.

THE MULTIPLE BENEFITS OF MULTIVITAMINS

With the busy lives we lead, it’s no wonder why many of us are looking for ways to support our health. Luckily, taking a multivitamin every day has several benefits:

- **Convenience:** Multivitamins can deliver several key nutrients in one convenient serving.
- **Variety:** Our bodies need a wide mix of nutrients every day to function well. It’s important to get these nutrients every day, preferably through your diet. Taking a multivitamin helps get nutrients you might need, especially if you think your diet is not meeting your nutritional needs.

WHEN TAKING MULTIVITAMINS CAN BENEFIT YOU

Although anyone can typically benefit from a daily multivitamin, some may find them especially helpful. Consider talking with your health care professional about adding a multivitamin to your daily routine if any of the following resonates:

- **Shifting life stages:** Our bodies change over time, and so do our nutrient needs. Many multivitamins cater to those in different life stages like adolescence, pregnancy, or aging.
- **Food allergies/intolerances:** If you have allergies or food intolerances, you may not be able to eat certain foods or entire food groups. For example, if you’re allergic to dairy, taking a multivitamin with calcium can help incorporate nutrients you might otherwise miss.
- **Food preferences:** It’s a fact. Kids aren’t the only picky eaters. If you find yourself avoiding specific foods or food groups, you may be missing certain nutrients in your diet.

AWARD-WINNING VITAFUSION™ GUMMY VITAMINS

Vitafusion gummies have been made since 1998 and our great-tasting gummy vitamins are easy to take and delicious! Select **vitafusion** products have even earned the ChefsBest® Excellence Award for surpassing the high-quality taste and product standards established by ChefsBest's independent chefs. ^

If you have a hard time swallowing pills or just want a delicious way to take your multivitamins, **vitafusion** gummy vitamins are a wonderful solution.

VITAFUSION MULTIVITAMINS

Some great **vitafusion** gummy vitamin options include:

- **MultiVites:** These delicious multivitamin gummies provide 12 essential nutrients to support everyday health for all.*
- **Women's Multi:** Provides vitamins and minerals essential to women's health including B vitamins for energy metabolism support and key vitamins A, C, and D.*
- **Men's Multi:** Formulated with Vitamin D for muscle support, B vitamins for energy metabolism support, and delicious fruit flavors to support the health needs of men.*
- **Women's Sugar-Free Multi:** All the benefits of a multivitamin formulated for women without any added sugar.
- **PreNatal:** A specially crafted multivitamin with key nutrients like folate and omega-3 fatty acids for those thinking about getting pregnant or who already are.*

It's worth repeating—it's always a good idea to check with your health care professional about what supplements are right for your specific health needs.

^Products must earn the ChefsBest® Excellence Award by surpassing quality standards established by professional chefs. Evaluation funded by Church & Dwight Co., Inc.

Brought to you by the **vitafusion**™ nutrition experts.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.