

## Where To Find The Right Multivitamin

(NAPSA)—Most experts agree that good health starts with good nutrition. However, since many adults do not eat a proper daily diet, supplementing with a multivitamin helps ensure proper nutrient intake. So the question now is, “Where do I find the right multivitamin?”

### One Size Doesn't Fit All

Some consumers believe that one pill will fit every nutritional need. Wrong!

“People are different,” said Jeanne Maglione, M.S., Registered Dietitian, Senior Manager of Educational Outreach at Solgar Vitamin and Herb. “A woman’s health needs are not the same as a man’s. Active seniors require a unique balance of vitamins and minerals, whereas children need more of some nutrients and less of others. Understanding these differences and finding the right balance is key.”

Maglione suggests that consumers visit a neighborhood health food store to find the right multivitamin for them.

“First time visitors to a health food store will be pleasantly surprised at how knowledgeable and friendly the staff of a smaller specialty store can be,” said Maglione.

Maglione is one of the many wellness experts who help to train health food store personnel across the country about the latest developments in nutritional supplements. That specialized training translates into better information in the store which leads to greater service for consumers.

### What Do You Need?

A multivitamin is the foundation of any nutritional supplements program. It typically contains a variety of vitamins, minerals, and other nutrients that work together to help support normal metabolism, growth, and



### Health Food Stores offer a greater variety of multivitamins.

physical well-being. The key is identifying the right mix for you.

Health food stores offer a greater variety of multivitamin formulas than other stores. More variety means more choices for individuals.

For example, Solgar Vitamin and Herb, the maker of Formula VM-75®, a leading multivitamin brand in health food stores, offers over 20 different multivitamin formulas to address specific wellness areas. In addition to age and gender issues, Solgar formulas consider the specific needs of vegetarians and those who observe Kosher. The company also offers products that are free of sugars, starches and GMO (Genetically Modified Organisms). Multivitamins offer convenience, balance, and economy and help minimize the possibility of certain nutritional deficiencies.

### Find A Store Near You

To find the health food store nearest you, simply log onto Solgar’s Web site at [www.solgar.com](http://www.solgar.com). The company has partnered with MapQuest® to offer consumers up-to-date information (complete with driving directions) on more than 3,000 Health Food Stores in the United States. For more nutrition information, visit [www.nutritionfocus.com](http://www.nutritionfocus.com).