



Eat Smart Supplement Shopping:

- Choose a multi-vitamin with beta carotene as the vitamin A source to prevent vitamin A overdose.
- If you are advised to take an iron supplement, *ferrous* iron salts have better absorption rates than *ferric*. The amount of iron absorbed decreases with increased doses, so space out your doses.
- Calcium supplements are found as calcium citrate or calcium carbonate, but citrate is best absorbed.
- Fish oil is recommended at 500 mg for heart health effects. For mood enhancement and immune health the range is 1,500-2,000 mg/day.
- A good dietary supplement shouldn't cost more than 15 cents a day. Unless specifically recommended by your health care provider, don't take more than [DRI](#).



- Buy your supplements where product turnover is quick and check the expiration date.
- Don't fall for energy enhancing multivitamins, most rely on caffeine for the energy boost.
- Taking excessive water soluble vitamins don't create added benefits, instead they tend to give you expensive urine.