



Dr. Malott-Brechtel

1-a-day = none-a-day

Dear Dr. Brechtel,
I am wanting to take a multi-vitamin but don't know how to find a quality brand. Can you really take just one a day?

The answer depends on whether you believe that the RDI (Recommended Daily Intake), a set of guidelines established in the 40's and 50's to define the minimum amounts necessary to sustain life, are realistic values to use as guides to multi-vitamin use.

I for one don't think the RDI's are viable standards in the year 2011. The mass production of food, the over fertilization of crops, the presence of environmental toxins and pesticides, all mean that our need for vitamin supplementation is much, much higher than our ancestors. Even those of us eating healthier raw-type diets, who should be getting plenty of natural vitamins, are probably nutrient deficient in some respect. Quality multi-vitamins can be found, but do not come in a one-a-day form, unless you like eating horse-sized pills.

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