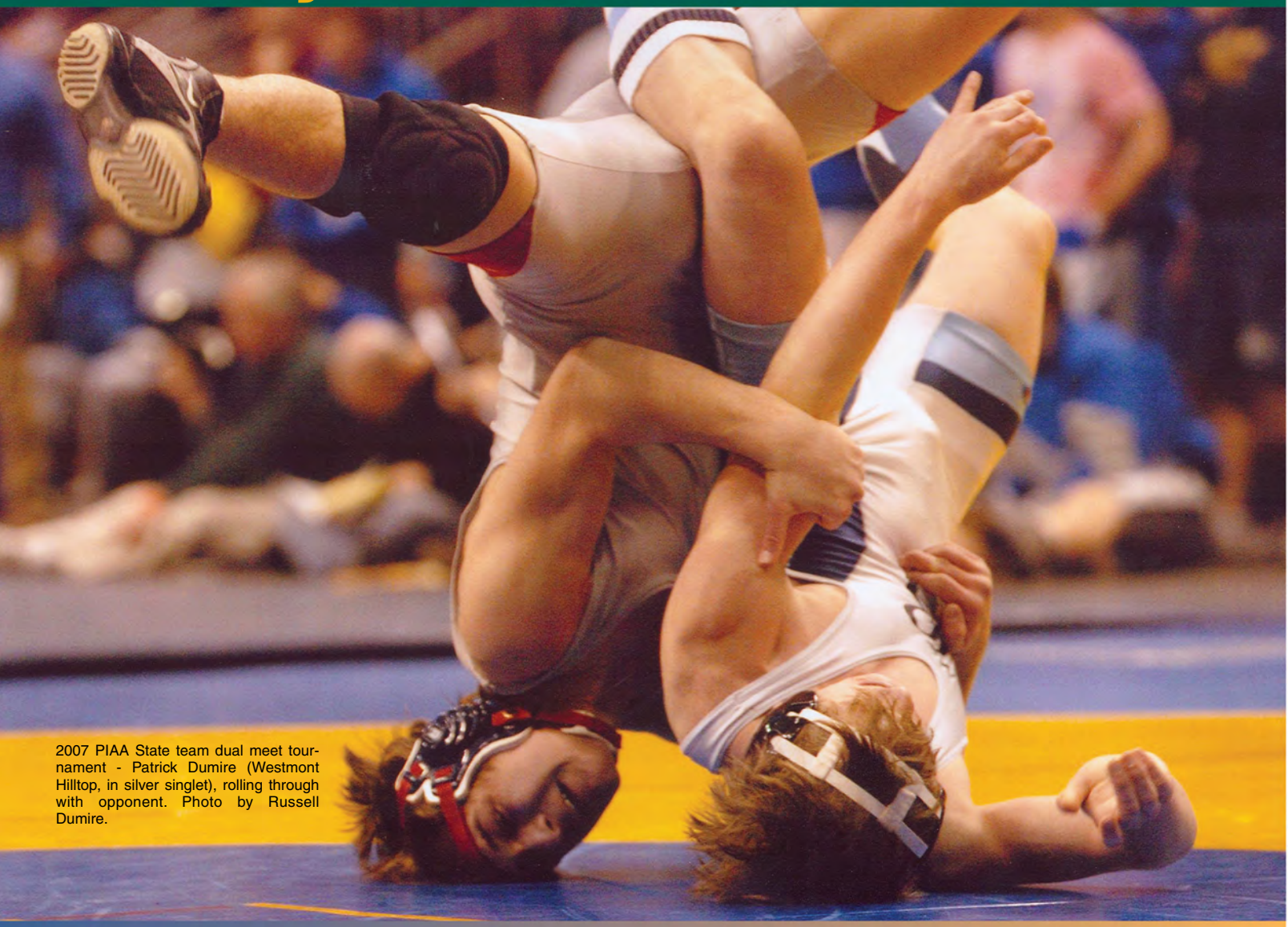

2007 PIAA State team dual meet tournament - Patrick Dumire (Westmont Hilltop, in silver singlet), rolling through with opponent. Photo by Russell Dumire.

health circumstance—but the reality is that few of us do. While the overall improvement of dietary habits had been the focus of much research on health promotion and disease prevention, the medical and scientific communities are increasingly recognizing that nutritional supplements can play a critical role for healthy lifestyle long-term goals.

How does one select the best multivitamin supplement? I recommend a multivitamin that is designed to supplement what your dietary habits may not adequately provide. Keep in mind that a multivitamin isn't meant to replace dietary nutrition, and that real food should always be our primary source of nutrition. With that in mind, remember first and foremost when searching for a multivitamin and minerals to consider the sources as well as the quality of the product. Natural food sources are more soluble and therefore expected to be more bioavailable than other sources, regardless of quantities. Remember also that even if a vitamin product has more than the FDA determined DV and/or recommended daily amount, it won't always provide the nutrition you might need, for each individual's requirements differ. Also beware of comparing products based solely on quantity of nutrients. For quality, remember that plant-derived supplements offer the best nutrient. All individuals can benefit from a multivitamin that contains a full spectrum of nutritional support.

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