

Multi-Vitamin Minerals: The Research

by Margy Squires

In 1912, the term “vital amines” conveyed the important aspect of what we now know as vitamins. The first recorded trial was citrus juice given to sailors to prevent scurvy; the nutrient was vitamin C. Thiamin was the first isolated amine as a deficiency results in beriberi. A total of 13 vitamins and 14 minerals are deemed “essential” for life. It wasn’t until the 1940s that the first multi-vitamin mineral (MVM) was introduced. **Today the MVM is considered the foundation of a good supplement program to fill nutritional gaps and promote optimal health.** Here are a few but major MVM benefits.



Cardiovascular Events

Heart disease is the number one killer in the U.S. Two randomized clinical trials involving 8,678 women from the NHANES 1988-94 survey found taking an MVM for more than 3 years reduced the risk of death from heart disease. The group was evaluated until 2011, making it a 23 year study!¹

Cognitive Effects

The brain is the most metabolically active organ in your body requiring optimal energy and blood flow from adequate nutrition. A 16 week study looked at brain activity in a group of 64-79 year olds with complaints of poor memory. When compared to placebo, those on an MVM showed enhanced nerve firing and improved accuracy on testing. Conclusion? An MVM helps “memory retrieval” of what you already know.² A second study of 97 healthy females aged 25-49 given 5 tests of increased difficulty found an MVM enhanced performance “even in adults who are assumed to have nutritional status typical of the (general) population”.³



Energy, Mood & Well-Being

Several studies report improvement in these 3 areas. After 4 weeks on an MVM, healthy adults ages 18-40 had “significantly improved mood” along with lower homocysteine (an inflammatory marker) and higher B vitamin

levels.⁴ In a 16-week MVM study, subjects reported more energy and better sleep and were more likely to make healthier lifestyle choices, including exercise, per researchers.⁵

Nutrient Support to Dietary Gaps

An MVM should fill nutritional gaps in your diet but these studies show even the best diets need help. An MVM with 100% RDA was given to 80 healthy, independent adults aged 50-87 for 8 weeks. Despite their fortified food diet, the MVM “significantly increased” vitamins D, E, B6, folate, B-12 and C. Researchers report that improving nutritional status could decrease the “risk for several chronic diseases”.⁶ A statistical review of 4,384 adults 51 and older from the NHANES data revealed the RDA for nutrients A, B6, C, folate, zinc and magnesium were not met by food alone. When an MVM was taken, 80% met the RDA for the missing nutrients but not for magnesium. The authors report these RDAs were met only if the MVM was used “daily”.⁷



Stroke & Mortality

MVM use reduces the risk of stroke and death per a huge Japan cohort of 72,180 participants over a study period of 19 years beginning in 1988. Adjusting for lifestyle factors, even those with lower fruit and veggie intake who took an MVM had a lower risk.⁸

Research studies show MVM benefits for the skin (your largest organ), reduced cancer and fracture risks, in pregnancy and chronic disorders such as SEID (chronic fatigue syndrome). A repeated finding for benefit was taking an MVM on a daily basis consistently for an extended period of time but noticeable changes may occur in as little as 4 weeks. TyH’s **Multi-Gold™** is a high potency MVM with 40 health building nutrients that include organic minerals, a full B complex and anti-aging alpha lipoic acid and CoQ10. Take the 30 day **Multi-Gold™** challenge. You’ll feel better and reap the many MVM benefits for yourself!*



References: 1) Bailey R et al, *J Nutri* 3/15. 2) Macpherson H et al, *Physiol Behav* 10/12. 3) Kennedy DO, *Nutri Metab (Lond.)* 2/16. 4) White DJ et al, *Nutrients* 10/15. 5) Sarris J et al, *Nutri J* 12/12. 6) McKay D et al, *J Am Coll Nutri* 10/00. 7) Sebastian RS et al, *J Am Diet Assoc* 8/07. 8) Dong JY et al, *Stroke* 3/15.

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