**Is Men’s One A Day multivitamins/multiminerals supplement really claims what is it?**

With an array of multivitamins/multiminerals supplements crowding the stores shelves, or retail outlets claiming to boost your energy, support immunity and the most popular “maintaining a healthy heart”, it is not difficult for consumers to be confused and perhaps skeptical about some of those claims. Vitamins and minerals are essential micronutrients (nutrients require in small amount) that are vital in performing many of roles in the body, such as functioning as coenzymes or cofactors. They are either or not synthesized in the body or are synthesized in inadequate quantities, hence, vitamins and minerals must be obtained from the diet. However, there is a very fine line between adequate and excessive vitamins/minerals intake that are harmful, known as hypervitaminosis although uncommon. Because many people failed consume a daily balance diet, they resort to multivitamins/multiminerals [supplements](http://www.webmd.com/men/video/lamm-supplements-diet) because they believe it will improve their health. However, three studies found that popping a daily multivitamin did not avert [heart](http://www.webmd.com/heart/picture-of-the-heart) problems or [memory loss](http://www.webmd.com/brain/memory-loss), and was not accountable for a [longer life](http://www.webmd.com/healthy-aging/ss/slideshow-longer-life-secrets) span. According to this article published in the *Journal Annals of Internal Medicine*, studies revealed that multivitamin and mineral [supplements](http://www.webmd.com/vitamins-and-supplements/supplements-assessment/default.htm) did not work any better than [placebo](http://www.webmd.com/pain-management/what-is-the-placebo-effect) pills. Studies have repeatedly shown that eating a healthy balanced diet remains the best way to obtain sufficient amounts of the vitamins and minerals one needs. CDC department also stated that research shows that good nutrition can help lower people’s risk for many chronic diseases.

**One A Day** is one of the many brand names multivitamins/multiminerals supplement that consumers swears by, along with its well-known courter-part **Centrum.** According Bayer pharmaceutical company, One A Day men’s is specially formulated to support: heart health, healthy blood pressure (to maintain levels already within normal range) and immune health of men. The general recommended dosage is one tablet daily with food. The Center of Science in the Public Interest (CSPI), a “[nonprofit watchdog group filed a class action lawsuit in federal court](http://cspinet.org/new/pdf/bayer-complaint.pdf) seeking an injunction against a myriad of false claims on ads and labels for One A Day, as well as refunds to consumers who may have purchased the products expecting the promised benefits.” According to the CSPI, a variety of One A Day varieties bear claims that they "support heart health" because the pill contains vitamin B6, B12, C, E, and folic acid, another B vitamin. However, both the National Institutes of Health and the American Heart Association stated that supplementing with such vitamins does not help reduce the risk or severity of heart disease. Hence, Bayer's claims are contrary to studies/facts and are said to be illegal disease prevention tactics designed to deceive consumers.

In addition to claiming to support heart health, a variety of Bayer’s One A Day products claims to “[support immunity."](http://oneaday.com/vitacraves_immunity.html)  The CSPI department, however, is convince that such tactics are designed to give consumers the impression that the products will assist them in limiting the occurrence of sicknesses, or shortening the duration of illnesses. The CSPI further states that Bayer based such claims on the presence of vitamins A, C, E, selenium, iron, beta-carotene, and zinc in the pills or gummies. However, scientific studies confirmed that supplementation with those vitamins has no effect on adults' immunity, especially in developed countries such as the United States. Moreover, randomized clinical trials demonstrated that multivitamins do not any affect the number, severity, or length of any illnesses.

Furthermore, the CSPI stated that Bayer pharmaceutical bear claims that One A Day will help “[support physical energy](http://oneaday.com/energy.html),” and that this tactic is clearly designed to convince consumers that by taking one of those tablets they will feel more energetic. Hence, “those claims are misleading and illegal because scientific evidence confirms that supplementing with the respectively specified vitamins does not help people feel more energetic.” According to CSPI, Bayer has a long history of deceiving consumers about One A Day vitamins and other products made by the Leverkusen, Germany-headquartered drug giant. It saddens me to admit that I was one of those consumers, but completing this paper have been an eye-opener.

The recommended usage for multivitamins/multiminerals is to prevent or treat vitamin and mineral deficiencies, or use as a dietary supplement. As we have learned from this course that vitamins/minerals supplements are not FDA approve; however, vitamin/mineral products are FDA regulated as “dietary supplement.” According to the FDA, the law defines dietary supplements, in part, as products taken by mouth that contain a "dietary ingredient" intended to supplement the diet. Under the Dietary Supplement Health and Education Act of 1994, the dietary supplement company must ensure its product is safe before it is marketed and the FDA is responsible for taking legal action if it finds the supplement is unsafe once marketed.

Although there are no reports of significant effects or complications of dietary supplements with regards to dental treatment, dentists may encourage good nutritional habits and may perhaps detect signs and symptoms of vitamin deficiency through intraoral examination. In the event that a patient’s oral examination indicates poor nutritional or possible vitamin deficiency, the dentist will refer the patient back to his or her physician. Currently, there are no information on the effects on bleeding that requires special precautions.

According to reports, Men’s One A Day is known to have moderate to severe reactions with over 100 different prescriptive drugs. For instance, it can react with diabetes medications, cholesterol-lowering drugs, pain relievers, inflammatory reducers, herbal supplements and fatty acid supplements. In some cases, it can make certain drugs less effective or decrease the potency of drugs in one’s body.

In conclusion, supplementing the diet of well-nourished adults with most mineral or vitamin supplements has no clear benefit and might even be harmful, therefore, Men’s One A Day multivitamins/multiminerals should not be used for chronic disease prevention.

<http://www.cdc.gov/media/releases/2012/p0402_vitamins_nutrients.html>

<http://cspinet.org/new/201410151.html>

http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm118079.htm