

A healthy diet is imperative to healthy ageing. However, with age, we may fall short of certain nutrients like Vitamin B12, Calcium, and Vitamin D. Hence, vitamin supplements may be helpful to maintain good health, but not without the advice of your doctor.

Here are a few questions you should ask your doctor before taking vitamin supplements:

1. Should I Take Multivitamins?

Most nutritionists believe that the intake of essential nutrients should come from natural food first. However, if your current diet is not fulfilling the needed amounts of vitamins, and you have dietary restrictions, your nutritionist will suggest the best alternative for you.

2. Are There Any Whole-food Alternatives?

Whole, organic foods are always better to replenish your vitamin levels in your body. Your nutritionist might suggest foods like papaya, citrus fruits, bell peppers, and broccoli to up your intake of vitamins.

3. How Is My General Health?

After running a few tests, your doctor will tell you about your overall, general health and suggest if you need to take vitamin supplements or not.

4. Is the Supplement Safe for Me?

Some supplements may have an adverse effect on your health if taken with other reaction-inducing drugs. Taking a combination of supplements or

consuming large amounts of these supplements may cause other health complications. Check with your doctor before you take any over-the-counter supplements.

5. Can I Take Vitamin Supplements While Being Pregnant?

Pregnancies can often lead to vitamin deficiencies. Your body will require a higher amount of nutrients than usual to keep the baby and you healthy. You might be asked to have prenatal vitamin supplements if you have any diagnosed deficiencies.