

Benefits of Multivitamin By Dr Gautam Arora Neurologist

Need for Multivitamin By Dr Gautam Arora Neurologist

MONROE TOWNSHIP, NJ, UNITED STATES, March 30, 2022 /EINPresswire.com/ -- In light of recent times, the covid-19 pandemic has negatively affected our lifestyle. Not only are there higher chances of infection but the recovery from covid may sustain detrimental side-effects like breathing problems, weaker joints, fatigue, and shortness of breath. Hence, doctors and researchers have collectively agreed on the varied benefits of Zinc, Vitamin C, and Vitamin D nutritional supplements.

These nutritional and dietary supplements are not meant to replace healthy foods. Instead, they act as an additional shield against the covid infection. A healthy and balanced diet with decent amounts of carbohydrates, proteins, and fat is recommended, along with intaking nutritional supplements. In various cases, there has been a shortage of food supplies or necessary dietary needs. Thus,

increasing the need for vitamins and dietary supplements. Vitamin D has previously been useful in creating immunity against epidemics like flu, and chronic illness. It raises your blood levels and is favorable for children and older adults. The nutritional supplements have also been proven



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Multivitamin use pros and cons”

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beneficial for meeting RDA and creating a safety net against diseases. Vitamin C prevents after-effects from the covid infection like inflammation, tissue damage, and cardiac conditions. A dosage of 1.5g per day is recommended. Zinc is among the most accessible for lower and middle-class families. It shortens the duration of

the infection and improves the recovery rate drastically.

Hair requires the most care, especially in winters. Vitamin B, vitamin C, vitamin E, and some minerals are essential for the healthy growth of hair. They work excellently in hair fall problems.

Vitamins and minerals are always best for skin health. They help keep your skin healthy and shiny by providing essential vitamins such as vitamin E and vitamin C. They help to retain the natural oil inside your skin to prevent dryness of the skin. Antioxidants present in it also play an important role.

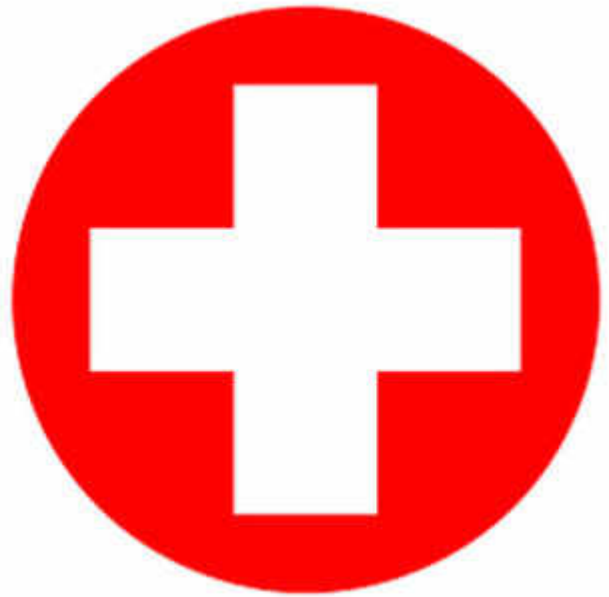
You should strive to eat fruit and vegetables on a daily basis to fuel your body with the right food before taking a multivitamin. If you eat a healthy and complete diet, a multivitamin may not offer much additional protection. Chances are you'll meet your daily intake requirements. However, at normal doses, it shouldn't cause any harm either.

If you eat moderately well, a multivitamin may provide some extra nutritional support. If your diet isn't as good as it should be and you don't consume a balanced diet that includes fruits and vegetables, a multivitamin will likely be beneficial. However, it's important to remember that you can't out supplement a poor diet.

If you choose to take a multivitamin for its "insurance" value then it may be beneficial in fortifying your diet and protecting against nutritional deficiencies. However, if you take them to combat chronic diseases in a similar way to pharmaceutical drugs then you will likely be disappointed.

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