

BEYOND CROHNS

Multivitamins are popular because they're convenient. The issue with multi's is that they're often jam-packed with **small amounts** of vitamins and minerals.

If you're deficient in iron, you won't increase it by having a tiny dose of it daily. The same goes for all vitamins and minerals.

The only time a multi will be useful is if you're severely malnourished and underweight. In that case, you may benefit from a multi for obvious reasons. This would be better absorbed if it's in liquid or powder form.

For those of you who aren't malnourished and underweight, here are some reasons why multi's are not helpful:

Calcium & Iron - They struggle to be absorbed together. This is why iron needs to be taken before meals in most cases. When calcium and Iron are taken together (like in a multi) they'll fight for absorption in your cells.

Fat-soluble vitamins (A,D,E,K & Omegas) - It's much better to take all fat-soluble vitamins together. Most people with IBD will only need vitamin D and rarely E or K. So, take your vitamin D and omegas together, ideally in the middle of the day, at lunch. This leaves all your other nutrients to be taken in the morning and evening.

Copper and Zinc - It's rare that you'll be low in copper so focus on zinc because it's massively linked to a deficiency in IBD patients. Make sure your zinc supplement has no copper in it. Feel free to ask your GP to check your copper levels once a year to make sure you have enough in your system BUT

most people have excess copper in their blood which is why it's rarely recommended via a supplement.

I know all of this might seem overwhelming but just know that supplements aren't forever. They're often just needed to help you:

1. Remove toxins.
2. Remove an infection.
3. Replenish a deficiency.
4. Recover from a stressful period that led to a deficiency.

The best multi I've come across is [Rituals](#) (linked). I'm sure there are others that are good but I strongly recommend focusing on isolated supplements as advised by a nutritionist unless you're someone who **needs** a multi because you can't manage isolated supplements right now.