

# The Best Multivitamins For Men

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## Seven Multivitamins Actually Worth Adding To Your Diet



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Wake up, shower, brush your teeth, have breakfast, and take your multivitamin—it's your daily routine. Well there may be reason to consider changing it up. Ask yourself: Why am I taking a multivitamin? "General multivitamins can be helpful for some individuals, but not necessary for all," says [Albert Ahn](#), MD, clinical instructor of internal medicine at NYU Langone Medical Center in New York City. "The latest consensus from [recent studies shows](#) that there aren't specific, significant benefits to taking multivitamins in normal, healthy, young people." In fact, these same studies have found that too much of certain vitamins can actually cause harm.

The best way to get the vitamins and minerals your body needs to stay healthy on a daily basis is through your food. Eating a balanced diet, [packed with protein](#), vegetables, fats, fruits, and carbohydrates is the best way to try to do so. However, dietary restrictions, travel, and other factors don't always allow you to eat perfectly and therefore, you may be missing out on some key nutrients your body needs.

“There are specific groups of people who would benefit from a multivitamin like individuals with medical issues like metabolic issues who can’t absorb nutrients properly, those with gastric diseases, or those with restrictive diets like vegans and vegetarians,” says Ahn. “They might benefit from a multivitamin since they don’t get everything they need from food.”

So what do you need to look for in a multivitamin? Well that depends who you are and your lifestyle. “Restrictive diets in older men might want to [supplement](#) with B12 or a multivitamin,” says Ahn. “For some men who live in colder climates, vitamin D, which we get from the sun, could be useful because it can help bone and muscle maintenance. Older populations — 60-plus — can be more aggressive in their use of supplementary vitamins.”

## ADVERTISING

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If you’re someone who isn’t getting the necessary vitamins and minerals you need, here are some multivitamins you supplement with.

### **One A Day Men’s**

An amazon best seller, this brand is probably one you’ve heard of before. It contains all the vitamin D you need if you aren’t seeing the sun during the day, as well as vitamin C, calcium, magnesium, and potassium. These ingredients help to maintain blood pressure, promote heart health, and protect the cells in your body.



[\\$13 at Amazon.com](#)

### **Nature Made Multi For Him**

The 90 tablets in this bottle each contain 25 essential vitamins and minerals including vitamin C, D, calcium, folic

acid, and a very good amount of magnesium. It can help you kick that sluggish feeling by providing some energy. If you're not a fish eater though, be aware it does contain some ingredients from fish.



[\\$9.50 at Target.com](#)

### **OLLY Perfect Men's Multi**

If you aren't the best at swallowing pills (don't feel bad...a lot of us still struggle with it!), try this gummy multi instead. The blackberry blitz flavor goes down easy, and you're still getting vitamin A, C, D, E, Bs, zinc, and lycopene. These chewables can help improve energy levels and boost your brainpower.



[\\$14 at Olly.com](#)

### **Optimum Nutrition Opti-Men**

Not only does this multivitamin contain vitamins D, C and Bs, but it also has a blend of [amino acids](#) including glutamine and BCAAs, which help you build muscle. They also contain an enzyme blend, too. Take three together with your first meal, or spread them out throughout the day. They're perfect for anyone with a fit lifestyle.



[\\$15 at Amazon.com](#)

### **The Vitamin Shoppe Ultimate Man Multivitamin**

Dairy free, fish free, and wheat free, this multivitamin is a good option for those with some food allergies. Taking two tablets a day will give you more energy and [strengthen your immune system](#) thanks to the vitamin C, B, lycopene, and chromium. According to users, these pills are also easy on the stomach.



[\\$25 at VitaminShoppe.com](https://www.vitaminshoppe.com)

### **Garden of Life Vitamin Code Men's Multivitamin**

Calling all vegetarians—this gluten-free, dairy-free multi is for you! Each capsule contains live probiotics and antioxidants to help keep you feeling your best. Plus, there's vitamin E and zinc, which promote prostate health. This vitamin can help improve mental and physical energy, too.



[\\$30.21 at Amazon.com](#)

### **Vitafusion Men's**

Chew your way to healthy by taking these gummy vitamins daily. They have the daily vitamins and minerals you need, plus a tasty sugar coating. It's packed with vitamins A, C and D, and helps to support your immune system, too.





[\\$9.29 at Amazon.com](#)

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