

Practitioner Dietary Supplement Reference Guide

Introduction to Lifelong Complete Multiple Vitamin & Mineral Supplementation (LCVMS)

Goal

From the beginning of life, and because food including fortified foods have clearly not worked in achieving the vitamin and essential mineral (VM) Recommended Dietary Allowances (RDA) or Adequate Intakes (AI), the goal is to supplement VM daily in amounts necessary to complement the VM content from typical food intake to reach the established Dietary Guidelines for Americans (DGA) that includes the Dietary Reference Intakes (DRIs) that promote good health at every life-stage. This lifelong act of using complete vitamin and mineral supplementation to correct all known (and unknown) VM shortages left from food alone, may allow the properly supplemented (inexpensively and easily delivered) human to be structurally superior to the same non-supplemented entity, offering better health at each stage of life with greater resistance to aging and disease. Further, the saying that “one good turn deserves another” is especially true in fitness. Therefore, the right conversation (see goal “policy statement” below) will not lead to using lifelong complete vitamin and mineral supplementation (LCVMS) as an excuse to eat poorly or become lazy (it doesn’t now, in fact the opposite is true), but to the contrary daily use may inspire, through nutrition supported enhanced energy levels and structural integrity and each life phase, ever evolving healthier eating and movement behaviors to ultimately improve the way humans age and allow greater lifelong independence.

Goal Policy Statement

As the health and medical organization’s prenatal multivitamin and mineral recommendation (PMVM) is currently, we believe based on solid science as captured in the article “Vitamin and Mineral Supplementation in Human Health – A Case for Public Policy”¹ that the following statement should be part of every health and fitness practitioner’s advice: “It’s difficult at best to ensure that your foods supply all the vitamins and minerals in daily recommended amounts throughout life that we know you need for best long-term health. Therefore, to help ensure proper levels of vitamins and minerals we recommend everyone use an inexpensive low dose complete vitamin and mineral supplement (CVMS) daily, while you continue striving to eat ideally since there are many important food components that work with the vitamins and minerals to create and maintain health.”

Rationale

Based on a consensus of expert scientific research, achieving the RDAs of all nutrients is the goal for long-term health, hence the rationale for publishing them. No one achieves these levels daily of all vitamins and essential minerals (VMs) from food, yet they all work together from the beginning of life in specific amounts to create and maintain health. Meaning, the extended shortage of only one VM (let alone the at least 10 most humans under-consume) will create a ripple effect that can manifest quickly or over time as disease or early aging because no vitamin or mineral works in a vacuum. VMs are symbiotic. They are synergistic with each other’s actions in their respective VM-dependent systems as each one has many unique roles in multiple systems, any of which will be compromised if chronic intake is below what we know to be acceptable – and they are. Without needing more research or studies, the seamless sequenced data captured in the article “Vitamin and Mineral Supplementation in Human Health – A Case for Public Policy”¹, provides the practitioner with the support to recommend that everyone continue, beyond the already endorsed PMVM, to incorporate a CVMS to support long-term health. Current scientific data and logic trumps waiting for impractical/improbable RCTs just as it would for putting water on fire or oil in an engine when it’s running low. Why wait for special studies to confirm the obvious, that’s *been* studied and supported by the highest authorities as detailed and summarized in the aforementioned article. Every day we wait for whatever more health and medical professionals are waiting for to embrace this policy statement, is one more day of maintaining our current relatively short health-span. We have all the data we need, including LCVMS helping address western lifestyles.

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References

¹ Spruce, Titchenal. Vitamin and Mineral Supplementation in Human Health – A Case for Public Policy. Ahead of publication; Available upon request. Contact editor at katbarefield@gmail.com.