

## 11 Multivitamins to Avoid

These multivitamins were flagged for problems in a recent ConsumerLab.com analysis. After the findings were published, The Vitamin Shoppe and AARP voluntarily withdrew their products, and Hero Nutritionals began offering consumers a replacement. The other manufacturers haven't responded publicly to the findings.

### For Adults

Product	Problem
Eniva VIBE, a liquid sold in packets	Falls short of listed vitamin A
Healthy Moments Mint Cream Flavor Vitamin Strips	Contains no vitamin A and exceeds listed amount of niacin
Swanson Daily Multivitamin & Mineral	Short of listed folate
The Greatest Vitamin in the World	Short of listed folate
Weil, Andrew Weil, MD, Daily Multivitamin for Optimum Health	Short of listed vitamin A and exceeds the amount of calcium

### For Women

Product	Problem
Nature's Plus Especially Yours Women's Multivitamin	Doesn't disintegrate properly and exceeds listed calcium
The Vitamin Shoppe Multivitamins Especially for Women	Contaminated with 15.3 micrograms of lead per serving—10 times amount permitted without a warning label in California—and short of listed calcium

### For Seniors

Product	Problem
AARP Maturity Formula	Takes too long to disintegrate

### For Kids

Product	Problem
Hero Nutritionals Yummi Bears	Contains twice as much vitamin A as listed, which may lead to weak bones