



Tips for Choosing Supplements

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If you are clinically deficient in a nutrient (as directed by your physician), or your diet is deficient in a nutrient (as may be the case if you are vegan- B₁₂ -or on a diet avoiding dairy which may require additional calcium), then supplementing may be warranted **under the guidance of your healthcare team.**

With any supplement, remember, they are not regulated, and more is not better.

The human body prefers to get nutrients from food. Nutrients from food come packaged in a healthy fiber and antioxidant filled “containers” which deliver nutrients in the manner our body finds easy to use. It is not necessary – and in fact may be harmful- to mega dose vitamins and minerals. Fat soluble vitamins like A, D and E can become toxic at high levels.

Taking supplements will **NOT** impact the coronavirus.

Again, more is definitely not better.

Here is some information about a few specific supplements:

[Zinc \(click here\)](#)

Taking zinc supplements may mask or contribute to an iron deficiency. This is because these nutrients compete for absorption. Zinc supplements and lozenges often exceed the RDA. It is very easy to get adequate zinc from food. A few good sources include oysters, red meat, poultry, beans, nuts, crab and lobster, whole grains, fortified breakfast cereals, and dairy products.

[Vitamin C \(click here\)](#)

Mega-dosing vitamin C is not helpful. In fact, taking excessive vitamin C can result in stomach upset, nausea, vomiting, diarrhea and ultimately, dehydration. It is very easy to get adequate vitamin C from the foods we eat. A few good sources include citrus fruits, bell peppers, kiwifruit, broccoli, strawberries, Brussels sprouts, and cantaloupe.

[Vitamin D \(click here\)](#)

Vitamin D is a fat-soluble vitamin that plays a number of critical roles in your body. Many with MS are deficient in Vitamin D and are currently supplementing to correct this deficiency- which continues to be a good idea. The goal here is to correct the deficiency, which will mean a different daily dose for everyone since we absorb the vitamin differently. The goal is to achieve and maintain a healthy level of vitamin D – which is determined and monitored by your healthcare team. Doing this will ensure that your body has what it needs to function optimally. **More is not better, there is no benefit in mega dosing vitamin D,** and in fact, may have [risks.](#)