

Are Multivitamins Really Good For You?

VOCABULARY

- ***Lipid** – any of a class of organic compounds that are fatty acids or their derivatives and are insoluble in water but soluble in organic solvents. They include many natural oils, waxes, and steroids.
- ***Deficient** – to not have the full amount of something that one needs in order to function normally or work properly
- ***Hypercalcemia** – a condition in which the calcium level in your blood is above normal. Too much calcium in your blood can weaken your bones, create kidney stones, and interfere with how your heart and brain work

COMPREHENSION

1. What is the recommended daily value for different vitamins?
2. Does taking too many multivitamins not put your body in great danger?
3. What occurs if there is too much vitamin D in your body?
4. What happens when you take a multivitamin more than 100% of the RDA for different vitamins?

LET'S TALK

1. Why do you think taking multivitamins have become so popular?
2. Do you think being too aware of your health can become a bad thing?