



Top 3 Vitamins You Should Avoid: A Pharmacist's Advice

Description

While more than half of Americans regularly consume multivitamins and dietary supplements, health professionals, including doctors and pharmacists, assert that many of these products are not worth the investment.

In a TikTok video, Pharmacist Amina Khan, who boasts 271,000 followers, highlighted three types of supplements she would avoid, notably the trendy gummy vitamins.

Gummy vitamins often fall short, primarily because they are laden with sugar, typically containing three to five grams per gummy. Although it may seem insignificant, the recommended daily dosage of two gummies could contribute up to ten grams of sugar, which approaches the American Heart Association's suggested limits of 25 grams for women and 36 grams for men.

Khan quipped, 'These are practically sugar pills—might as well indulge in a candy instead.' She warned that excessive consumption could potentially lead to mineral toxicity.

Moreover, multivitamins are often criticized for containing minimal amounts of essential nutrients, rendering them ineffective. Similarly, popular supplements for hair, skin, and nails are deemed ineffective; Khan suggests that specific supplements targeting individual issues, such as vitamin B8 for hair or vitamin D for skin health, are much more beneficial.

Dr. Pieter Cohen from Harvard Medical School also expressed skepticism about these supplements, emphasizing that robust evidence supporting their efficacy is lacking. With many supplements unregulated by the FDA, the potential for undisclosed substances and harmful interactions with medications remains a concern. Hence, consumers are advised to exercise caution and prioritize proven methods for health improvement.

Vocabulary List:

1. **Efficacy** /'ɛfɪkəsi/ (noun): The ability to produce a desired or intended result.
2. **Toxicity** /tɒk'sɪsɪti/ (noun): The degree to which a substance can harm organisms.
3. **Regulated** /'rɛɡjʊleɪtɪd/ (adjective): Controlled or governed according to rules or laws.
4. **Undisclosed** /ˌʌndɪs'kloʊzd/ (adjective): Not revealed or made known.
5. **Consumption** /kən'sʌmpjən/ (noun): The act of consuming especially in terms of food or resources.
6. **Skepticism** /'skɛp.tɪ.sɪ.zəm/ (noun): A doubting or questioning attitude towards something.



Comprehension Questions

Multiple Choice

1. What did Pharmacist Amina Khan highlight as a type of supplement to avoid?
Option: Protein shakes
Option: Gummy vitamins
Option: Fish oil capsules
Option: Herbal teas
2. Why are gummy vitamins often criticized?
Option: High caffeine content
Option: Low sugar content
Option: Lack of essential nutrients
Option: High protein content
3. What did Dr. Pieter Cohen express skepticism about?
Option: Proven health benefits of supplements
Option: FDA regulations on supplements
Option: High sugar content in gummy vitamins
Option: Evidence supporting efficacy of supplements
4. What does Pharmacist Amina Khan recommend as more beneficial than multivitamins for specific issues?
Option: Probiotics
Option: Individual-targeted supplements
Option: Placebo pills
Option: Prescription medication
5. What did Pharmacist Amina Khan warn excessive consumption of gummy vitamins could lead to?
Option: Vitamin deficiency
Option: Mineral toxicity
Option: Heart disease
Option: Weight loss
6. What is a concern mentioned regarding supplements?
Option: Excessive vitamin content



- Option: Undisclosed substances and harmful interactions with medications
- Option: Low consumer demand
- Option: FDA approval

True-False

7. Many health professionals believe that most dietary supplements are worth the investment.
8. According to Pharmacist Amina Khan, gummy vitamins are laden with sugar.
9. Popular supplements for hair, skin, and nails are considered effective by Khan.
10. Dr. Pieter Cohen supports the robust evidence backing the efficacy of supplements.
11. FDA regulates all supplements in the market.
12. Pharmacist Amina Khan recommended specific supplements targeting individual issues for better results.

Gap-Fill

13. Pharmacist Amina Khan warned that excessive consumption of gummy vitamins could potentially lead to _____ toxicity.
14. Dr. Pieter Cohen expressed skepticism that robust evidence supporting the efficacy of these supplements is _____.
15. Pharmacist Amina Khan suggests that specific supplements targeting individual issues, such as vitamin B8 for hair or vitamin D for skin health, are much more _____.
16. Consumers are advised to exercise caution and prioritize proven methods for _____ improvement.



17. Multivitamins are often criticized for containing minimal amounts of essential nutrients, rendering them _____.

18. Pharmacist Amina Khan highlighted three types of supplements she would avoid, notably the trendy _____ vitamins.

Answer

Multiple Choice: 1. Gummy vitamins 2. Lack of essential nutrients 3. Evidence supporting efficacy of supplements 4. Individual-targeted supplements 5. Mineral toxicity 6. Undisclosed substances and harmful interactions with medications

True-False: 7. False 8. True 9. False 10. False 11. False 12. True

Gap-Fill: 13. mineral 14. lacking 15. beneficial 16. health 17. ineffective 18. gummy

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which of the following is considered an Artifact?

- Option: A. Ancient pottery
- Option: B. Jungle fever
- Option: C. Endemic disease
- Option: D. Vaccination procedure

2. What term describes something that is added or joined as a helper or supplement?

- Option: A. Toxicity
- Option: B. Skepticism
- Option: C. Adjunct
- Option: D. Diligently

3. Which word means full of danger or risk?

- Option: A. Improvement
- Option: B. Perilous
- Option: C. Alleviation
- Option: D. Excitement

4. Related to mental processes such as perception memory and problem-solving. What term fits this



description?

- Option: A. Skeletal
- Option: B. Endemic
- Option: C. Cognitive
- Option: D. Cardiac

5. Which term refers to the presence of unwanted or harmful substances?

- Option: A. Regulated
- Option: B. Undisclosed
- Option: C. Contamination
- Option: D. Consumption

6. Which word means the ability to produce a desired or intended result?

- Option: A. Effectiveness
- Option: B. Toxicity
- Option: C. Efficacy
- Option: D. Hospitalization

7. What term describes the degree to which a substance can damage an organism?

- Option: A. Susceptible
- Option: B. Skepticism
- Option: C. Toxicity
- Option: D. Afflicted

8. Which term refers to the act of placing someone in a hospital for medical care?

- Option: A. Ill-advised
- Option: B. Hospitalization
- Option: C. Cautioned
- Option: D. Symptoms

9. What term is used to describe the act of using up goods or services?

- Option: A. Excitement
- Option: B. Consumption
- Option: C. Wellbeing
- Option: D. Diligently

10. Which term refers to something controlled or governed according to specific rules or principles?

- Option: A. Excitement
- Option: B. Regulated
- Option: C. Skeletal
- Option: D. Symptoms



Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. An _____ disease is constantly present in a particular region or population.
12. Fever cough and fatigue are common _____ of a cold.
13. It is advisable to take _____ measures to prevent accidents.
14. She _____ deleted all her important emails.
15. Regular exercise is essential for maintaining good _____.
16. The region was severely _____ by the natural disaster.
17. She worked _____ on her research project to meet the deadline.
18. The _____ structure of the building was revealed after the fire.
19. Regular exercise is beneficial for _____ health.
20. She showed steady _____ in her language skills after practicing daily.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Infants are more to infections due to their developing immune systems.
22. Ignoring safety precautions when handling chemicals is .
23. He was about the risks involved in the extreme sport.
24. The medication provided some to her chronic pain.
25. The team's victory brought great to the fans.
26. Regular practice led to a noticeable in her piano skills.
27. Exposure to high levels of mercury can lead to severe in humans.
28. The company faced legal action for their involvement in the scandal.



29. There was widespread about the effectiveness of the new drug.

30. Public health campaigns promote the importance of to prevent diseases.

Answer

Multiple Choice: 1. A. Ancient pottery 2. C. Adjunct 3. B. Perilous 4. C. Cognitive 5. C. Contamination 6. C. Efficacy 7. C. Toxicity 8. B. Hospitalization 9. B. Consumption 10. B. Regulated

Gap-Fill: 11. Endemic 12. Symptoms 13. Precautionary 14. Inadvertently 15. Wellbeing 16. Afflicted 17. Diligently 18. Skeletal 19. Cardiac 20. Improvement

Matching sentence: 1. Susceptible 2. Ill-advised 3. Cautioned 4. Alleviation 5. Excitement 6. Improvement 7. Toxicity 8. Undisclosed 9. Skepticism 10. Vaccination

CATEGORY

1. Health - LEVEL4

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