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10 Best Multivitamins for Men, According to Doctors

By Leah Groth | December 28, 2018



“An excellent choice for men ages 40 and over, particularly those with a family history of prostate cancer or heart disease,” explains **Elroy Vojdani, MD, IFMCP**. This multivitamin includes a great blend of essential vitamins including A, D, E, K, and methylated B vitamins, also adding saw palmetto, lycopene and green tea extract to support prostate health. “It also includes a strong blend of plant-based antioxidants from pomegranate, grape seed extract and red wine to support healthy aging and heart health,” he adds. Lutein and zeaxanthin are also included and support eye health based on the Age-Related Eye Disease Study (AREDS). A bit of maca and astragalus are included to boost energy and immune function.



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“This multivitamin includes an excellent blend of the typical ingredients we look for in a multivitamin: methylated B vitamin, Vitamins A, D, E, K, and trace minerals, but adds several things to help men combat the daily stresses of modern life,” explains Dr. Vojdani. Most notably, it has a large number of concentrated phytonutrients—things like blueberry, watercress and green tea extract—which contribute to anti-aging efforts and long-term cellular health. “Most Americans don’t get enough of these phytonutrients from our diet, so I think this is an excellent daily supplement,” he adds. The only downside? The pills are large and you have to take two of them a day, which can get annoying for some.



“This is my go-to multivitamin for my athlete or gym rat patients,” explains Dr. Vojdani. Aside from the standard ingredients in a multivitamin, this one includes a bit of creatine and CoQ10 to support muscle endurance, carnosine and alpha-lipoic acid (ALA) to support muscle function and recovery, a strong blend of minerals to support ligament and tendon strength and high-dose grape extract, which can support physical performance in competitive settings.

According to Dr. Vojdani, this is a great product for men looking for a more comprehensive answer than can be provided by a single multivitamin. “This option is a daily packet which includes a potent multivitamin along with daily high-purity fish oil to support brain and heart health and a capsule



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containing Oraxinol, a proprietary blend of concentrated plant-based antioxidants—equivalent to consuming up to four and a half servings of fruit and vegetables—he explains.



This multivitamin contains an excellent blend of appropriate doses of all typical vitamins we want, but adds some extras—like CoQ10—which is particularly important for men who have a history of statin use, as this essential coenzyme can become depleted after long-term use, Dr. Vojdani specifies. “Pure also packs in lutein, lycopene and zeaxanthin, which were shown in the AREDS trial to help combat macular degeneration,” he adds. As the name implies, you only have to take one of these capsules a day. An added bonus? Pure Encapsulations minimizes their use of fillers and never uses artificial ingredients.

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