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10 Vitamins (and Supplements) that Should Always Be Taken with Food

By: Marissa Laliberte | May 4, 2020



Pills-on-white

Vitamins and supplements to take with food

You know that the best way to get your daily recommended amount of vitamins and minerals is through whole foods. However, sometimes your diet may not provide you with all the essential nutrients your body needs throughout the day. Enter: Dietary supplements.

Vitamin and mineral supplements can provide an extra boost and prevent a deficiency for those who have a health condition, or simply need more in their diet. When it comes to supplements, choosing the correct dosage is important, as well as how and with what you take your vitamin.

Read on to learn the dietary supplements you should always take with food to maximize your body's absorption.



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Fish oil

According to the National Center for Complementary and Integrative Health, fish oil might not be all it's cracked up to be in terms of protecting the heart. Neither is the belief that you're better off getting omega-3s from actual fish and other food sources. That said, a pill a day likely won't do harm (other than an unpleasant aftertaste). Also, some doctors still recommend them as a preventive measure. But if you don't eat fish—and fish oil is still part of your daily routine—be sure to take the tablets with a meal. "Take these with food in the morning to avoid any regurgitation or burping of the oil," recommends **Elroy Vojdani, MD**, functional medicine expert and founder of Regenera Medical, in Los Angeles.

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