If I don’t have enough energy will a multivitamin supplement help?

The quick answer to this question is, probably not. Out of the six nutrient classes only three can provide the body with physical energy in the form of calories; they are carbohydrates, lipids and proteins. Multivitamins, for the most part, only provide vitamins and minerals, and in that sense cannot provide the body with energy. However, it is still possible that taking a multivitamin could help if you happen to have a deficiency in a mineral such as iron. Iron is most widely recognized for its role in oxygen transport and energy metabolism. Without adequate amounts of iron the body may feel fatigued and lack energy.

Iron deficiency anemia is one of the most common nutritional deficiencies worldwide. It is a condition in which the body lacks iron to the point where it cannot make enough healthy red blood cells. Individuals at an increased risk for this deficiency are adolescents especially girls, those following a vegan or vegetarian diet, people on a calorie restricted diet, women having heavy menstrual bleeding, and people participating in endurance sports. While it is recommended to meet iron requirements through food consumption, it may be difficult and supplementation in such cases would be recommended. The best food sources for iron are beef, poultry, fish, whole grains, fortified cereals and spinach. Incorporating vitamin C-rich foods such as oranges, broccoli and bell peppers will help you absorb more of the iron available in iron-rich foods.

While there are many possibilities as to why you may feel you don’t have enough energy, there are very few ways that a multivitamin could actually help. The best way to feel energized is to practice a balanced lifestyle with regular sleep, exercise and a healthy diet.

References

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