

Top 10 Multivitamins to Avoid

These multivitamins were flagged for problems in a recent ConsumerLab.com analysis. After the findings were published, The Vitamin Shoppe and AARP voluntarily withdrew their products. The manufacturers haven't responded publicly to the findings.

| Multivitamin Product Name | Reason to Avoid this Multivitamin |
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| Eniva VIBE | Falls short of listed vitamin A |
| Healthy Moments Mint Cream Flavor Vitamin Strips | Contains no vitamin A and exceeds listed amount of niacin |
| Swanson Daily Multivitamin & Mineral | Short of listed folate |
| The Greatest Vitamin in the World | Short of listed folate |
| Weil, Andrew Weil, MD, Daily Multivitamin for Optimum Health | Short of listed vitamin A and exceeds the amount of calcium |
| Nature's Plus Especially Yours Women's Multivitamin | Doesn't disintegrate properly and exceeds listed calcium |
| The Vitamin Shoppe Multivitamins Especially for Women | Contaminated with 15.3 micrograms of lead per serving—10 times amount permitted without a warning label in California—and short of listed calcium |
| Now Adam Superior Men's Multi | Takes too long to disintegrate therefore not absorbed |
| Win Fuel Men's Formula | Short of listed vitamin A and folate |
| AARP Maturity Formula | Takes too long to disintegrate therefore not absorbed |