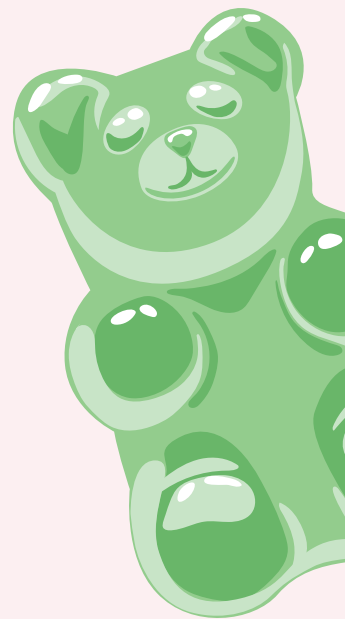


# The Pros & Cons of Gummy Vitamins

Vitamin supplements have become a common way to improve nutrient intake without having to change your diet too much. Gummies specifically are a popular, “family-friendly” supplement that can be purchased over the counter. But, are they worth taking?

Ultimately the choice is yours to make, and what’s best may differ based on who the supplement is for and what the specific nutrient is. Whatever your situation is, it’s best to talk to a healthcare professional about what would work best. Start the conversation today at Franciscan Health.



## Pros:



### Taste and Texture:

Gummy vitamins can mask the strong unpleasant tastes of vitamins and minerals, making them more palatable for individuals who find traditional pills or powders unappetizing. I mean, it’s candy!



### Reduced Risk of Choking:

Gummy vitamins are safer for young children and older adults who may have difficulty swallowing pills. The risk of choking is significantly lower with gummies.



### No Need for Water:

Gummy vitamins can be taken without the need for water, which can be convenient when you're on the go.



### Compliance:

People may be more likely to take their vitamins regularly when they enjoy the taste and texture of gummies, which can improve overall compliance with supplementation. Great for picky kids!



### Digestibility:

Gummy vitamins may be easier to digest. Those with digestive issues or sensitivities to certain ingredients commonly found in pills or tablets will prefer gummies.

## Cons:



### Quality and Purity:

The quality and purity of gummy vitamins can vary. Some may contain fillers, artificial colors or lower-quality ingredients. They may even lack the supplement you are looking for.



### Sugar and Calories:

Many gummy vitamins contain added sugars and calories. Consuming them regularly can contribute to increased sugar intake, potentially leading to dental issues and weight gain. They taste like candy because they are!



### Risk of Overconsumption:

Because gummy vitamins can taste like candy, there is a risk of overconsumption, especially by children. Ingesting too many gummies can lead to excessive intake of certain nutrients, which can be harmful.



### Cost:

Gummy vitamins are generally more expensive per serving than traditional supplements.



### Stability:

Gummy vitamins may be less stable than traditional supplements, which can lead to reduced potency over time.