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2. Multivitamins and Minerals

Multivitamins and minerals

Generic name: [multivitamins and minerals](#)

Brand names: Berocca Plus, Vicon Forte, Magna-C-7 Forte, Support 500, Zincvit, ... [show all 621 brands](#)

Dosage forms: enteral powder for reconstitution (Multiple Vitamins with Minerals), oral capsule (Acetylcysteine, Alpha-Lipoic Acid, Milk Thistle and Selenium; Antioxidant Multiple Vitamins (A,D,E,K-intensive) and Minerals, ... [show all 17 dosage forms](#)

Drug class: [Vitamin and mineral combinations](#)



[Medically reviewed](#) by Drugs.com on Feb 25, 2025. Written by [Cerner Multum](#).

[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#)

What is multivitamins and minerals?

Multivitamins and minerals is a combination of many different [vitamins](#) and minerals that are normally found in foods and other natural sources.

Multivitamins and minerals is used to provide essential vitamins and minerals that are not taken in through the diet. Multivitamins and minerals is also used to treat vitamin or mineral deficiencies caused by illness, pregnancy, poor nutrition, digestive disorders, certain medications, and many other conditions.

Multivitamins and minerals may also be used for purposes not listed in this medication guide.

Multivitamins and minerals side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives, difficult breathing, swelling of your face, lips, tongue, or throat.

Less serious side effects may be more likely, or you may have none at all.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.



[Multivitamins and Minerals side effects](#) (more detail)

Related/similar drugs

FEATURED

Ozempic

Learn about Ozempic (semaglutide) for type 2 diabetes treatment, weight management, cardiovascular ...

Reviews & ratings

6.6 / 10

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Folic acid

Folic acid (vitamin B9) is a B vitamin supplement that may be used to prevent and treat folate ...

Reviews & ratings

4.8 / 10

[9 Reviews](#)

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Warnings

Never take more than the recommended dose of multivitamins and minerals.

Before taking this medicine

You should not use multivitamins and minerals if you are allergic to it.

Ask a doctor or pharmacist before using multivitamins and minerals if you have health problems or use other medications.

Your dose needs may be different if you are pregnant. Some vitamins and minerals can harm an unborn baby if taken during pregnancy. You may need to use a prenatal vitamin specially formulated for pregnant women.

Ask a doctor before using multivitamins and minerals if you plan to become pregnant, are pregnant, or are breastfeeding.

Do not give any herbal/health supplement to a child without medical advice.

Do not allow a young child to use multivitamins with minerals without help from an adult.

How should I take multivitamins and minerals?

If you choose to use multivitamins and minerals, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. **Do not use more of this product than is recommended on the label.**

Your dose needs may change if you switch to a different brand, strength, or form of multivitamins and minerals. **Avoid medication errors by using exactly as directed on the label, or as prescribed by your doctor.**

Taking more than your recommended dose will not make multivitamins and minerals more effective, and may cause serious side effects.

Use multivitamins and minerals regularly to get the most benefit.

Follow all storage instructions provided with multivitamins with minerals. Your pharmacist can provide more information about how to store multivitamins and minerals.

Multivitamins and minerals dosing information

Usual Adult Dose for Vitamin/Mineral Supplementation:

Antioxidant Multiple Vitamins (A,D,E,K-intensive) and Minerals oral capsule:
2 capsules orally once daily.

Calcium, Magnesium and Phosphorus oral tablet:
2 tablets orally 3 times per day.

Calcium with Vitamin D and K oral tablet:
1 tablet orally twice daily.

Multiple Vitamins with Zinc oral capsule:
2 capsules orally once daily.

Therapeutic Multiple Vitamins with Minerals oral tablet, chewable:
1 tablet chewed daily with food.

Vitamin B Complex with C and Calcium oral tablet:
3 tablets orally daily preferably after a meal.

Vitamin B Complex with C, [Folic Acid](#), Iron and Zinc oral tablet:
1 tablet orally once daily.

Vitamin B Complex with D, Calcium and Folic Acid oral wafer:
1 wafer chewed twice daily.

Vitamin B Complex with Folic Acid and Minerals oral tablet:
1 to 2 tablets orally once or twice daily.

Usual Pediatric Dose for Vitamin/Mineral Supplementation:

Antioxidant Multiple Vitamins (A,D,E,K-intensive) and Minerals oral capsule:
4 to 10 years: 1 capsule orally once daily.
11 years or older: 2 capsules orally once daily.

Antioxidant Multiple Vitamins and Minerals oral liquid and

Antioxidant Multiple Vitamins (A,D,E,K-intensive) and Minerals oral liquid:

1 year or less: 1 mL orally once a day.

1 to 3 years: 2 mL orally once a day.

Multiple Vitamins with Zinc oral capsule:

4 to 10 years: 1 capsule orally once daily.

11 years or older: 2 capsules orally once daily.

Vitamin B Complex with Folic Acid and Minerals oral tablet:

6 years or older: 1 to 2 tablets orally once or twice daily.

 [Detailed Multivitamins and Minerals dosage information](#)

What happens if I miss a dose?

Take multivitamins and minerals as soon as you can, but skip the missed dose if it is almost time for your next dose. **Do not** take two doses at one time.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222. **An overdose of certain vitamins and minerals can cause serious or life-threatening side effects if taken in large doses.**

What should I avoid while taking multivitamins and minerals?

Ask a doctor or pharmacist before taking other products that may contain similar ingredients.

What other drugs will affect multivitamins and minerals?

Other drugs may affect multivitamins and minerals, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Tell your doctor about all other medicines you use.

 [Multivitamins and Minerals drug interactions](#) (more detail)

Does Multivitamins and Minerals interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

Multivitamins and Minerals

+

Enter a drug name

Add

More about Multivitamins and Minerals (multivitamin with minerals)

- [Check interactions](#)

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- [Side effects](#)
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- [Drug class: vitamin and mineral combinations](#)

Patient resources

Other brands

[Vitafofol](#), [Prosteon](#), [CalciFolic-D](#), [Glutofac-MX](#), ... +4 more

Professional resources

- [Nicotinamide prescribing information](#)

Other brands

[Centratex](#), [MagneBind 400 Rx](#), [Nicomide](#), [Strovite One](#), ... +8 more

Related treatment guides

- [Vitamin/Mineral Supplementation and Deficiency](#)

Further information

- Consult with a licensed healthcare professional before using any herbal/health supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

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DRUG STATUS

Availability	
<div><div>Rx</div><div>OTC</div></div>	Rx and/or OTC
CSA Schedule*	
N/A	Not a controlled drug



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