

Published based on [Myths about vitamin supplements](#)

# **Myths about vitamin supplements**

There are tons of myths about vitamin supplements. Which myths are true and which ones aren't? Click on the link to find tons of myths about vitamin supplements and information about why each myth is true or not.

There are enough myths around vitamins and vitamin [supplements](#) to make an ancient Greek blush, and it's easy to see why.

We all know that vitamins and minerals are essential to good health -- it says so right there on the cereal box. And we live in the more-is-better era of Hummers, Big Gulps, and McMansions. Which raises the obvious question: if taking 100% of the Recommended Dietary Allowance (RDA) of, say, vitamin C is good enough to keep us going through the day, then why shouldn't taking 1,000% be enough to melt our fat, cure our blues, and let us leap tall buildings in a single bound?

[Choosing Vitamin and Mineral Supplements and Avoiding Taking Too Many](#)

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