

Here is a list of the best multivitamin for women in 2021

As kids, many of us remember chewing on multivitamins, a habit we might have brought to our adulthood – but one that we never paid much attention to. Multivitamins have become a part of our daily routine, but there has never been thoughtful reasoning behind it, and as boring as it may sound, we could benefit as much from multivitamins as your friendly neighborhood health freak thinks so (it's true!).

According to a [fact sheet](#) published by the National Institutes of Health, about one-third of all American adults are taking multivitamins. It also noted that women are more likely than men to take multivitamins as they age. Whether they're taking them out of habit or to fill potential nutrient gaps, with the potential health benefits of multivitamin use, women are already one step ahead in working on improving their immunity.

Multivitamins (and the market for multivitamin for women) is a bit of a hot topic. So, even if you have made up your mind about taking multivitamins, choosing the right one might be harder than you think. Multivitamins (like all supplements) aren't regulated by the FDA, which means they don't have the same strict regulations as other drugs, so it is difficult to know if they're safe and contain what they say. The rule of the thumb is choosing options that have been widely tested or used so you know they're safe.

It is also highly important to understand your body's needs and take what would work the best for your health, though that might be a tough decision to make. Deciding on what is the best multivitamin for women is a tough call, but as a general guideline, here is what women should look for when picking out their multivitamins.

1. Certifications

Look for companies that use third-party testing to assess the quality of the ingredients. A few to look for: NSF International, the Dietary Supplement Verification Program, Informed-Choice, and US Pharmacopeial Convention (USP).

1. Age

Your nutrients needs will greatly vary depending on the stage your body is at, and the vitamins it needs. It is always a good idea to check with your health care provider before making any decisions regarding your health.

1. Non-GMO, organic, gluten and Allergen Free

So, here is a list of the best multivitamin for women in 2021:

Garden of Life Vitamin Code for Women

Our top pick for the best multivitamin for women in 2021, the Garden of Life Vitamin Code for Women is specifically formulated for Women to support reproductive, heart, bone, and breast health. It is an all-in-one choice, packed with essential daily nutrients, probiotics, and enzymes to aid with digestion. It contains an adequate amount of B12 and iron, which aids in making red blood cells. Moreover, it is vegetarian, gluten-free, and does not contain any artificial colors, flavors, or sweeteners.

USDA Verified

Ritual Essential for Women

This list would be incomplete without the most hyped (rightly so) vegan multivitamin in the market – the Ritual Essential for Women. It has a good amount of folate, iron, omega-3 fatty acids, and 2,000 IU of vitamin D – all key ingredients that women might typically lack in their diet. What makes it to our list of the best multivitamin for women is Ritual’s simplicity and transparency as a brand. Each ingredient on the list is traceable, so you know where the nutrients going in your body are coming from.

Non-GMO Project Verified, USP Verified

Nature Made Women’s Multivitamin Tablets

Looking for budget-friendly options? We have something on this list for everyone. Packed with 23 vitamins and minerals, with one tablet a day, you’d be getting the perfect dose of vitamin D, iron, zinc, vitamin B12, folate, and calcium. This budget-friendly pill also contains more than 100% of the Daily Value (DV) of folic acid, one of the most important nutrients for pregnant women, or those who are trying to conceive. This multi-functional option will help maintain both your blood and bone health. It is also a great gluten-free option, without any added colors or flavors.

USP Verified

Smarty Pants Women’s Formula

If chewing on gummies is more of your thing than swallowing a tablet, the Smarty Pants Women’s Formula is the best multivitamin for you. With Omega 3s, Vitamin D3, Vitamin B12, and Vitamin K at the heart of its ingredient list, this multifunction formula is not only tasty and convenient, but it is also full of goodness for your joint health, immunity, and digestive health. The gummies also contain Biotin for healthy hair, skin, and nails and are free of any added colors or flavors.

Third-Party Lab Tested

MegaFood Women’s One Daily

The last one on our list is the MegaFood Women’s One Daily – which is considered one of the best multivitamins for women in 2021 given that it delivers vitamins C and D, plus folic acid, all key nutrients that support a strong immune system and healthy skin, nails, and hair. The formula is extremely allergy-friendly and is also gluten-free, dairy-free, and soy-free.

Final Verdict

It is ultimately up to you to decide whether you need to take a multivitamin or not, but if you’re not living in a healthy utopia where you’re eating five to seven servings of fruits and vegetables in a day, it might be beneficial for you to consider taking multivitamins as an addition to your regular nutrition.