

Natural Vs Synthetic vitamins

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Abstract

Dietary supplements and fortified foods are used to ensure adequate dietary intake of important vitamins and minerals. While dietary supplements and fortified foods can be helpful and even necessary, in many situations, they could lead to excessive vitamins intake and other negative side effects if consumed in excessive amounts. This is because there are differences between the synthetic vitamins found in supplements and fortified foods and the nutrients naturally contained within the foods you eat. This article explains the differences between natural and synthetic vitamins.

Biography

Mohamed Elmatboly, pediatric specialist and neonatologist. Studied medicine in Ain Shams university in Cairo Egypt, then traveled to USA where I continued my postgraduates and training. I pass the ECFMG exams then moved to UK. I am MRCPCH certified since 2014. I worked as Pediatrician in Al Ain Government Teaching hospital in UAE for 12 years then moved to 3 other hospitals. Currently I am working as Senior Pediatrician and Neonatologist In GARGASH Hospital in Dubai UAE.