

# Using Multivitamin and Minerals Tablets to Treat Physiological Failures

WervbCharles Sharma\*

Department of Biotechnology, Kalinga Institute of Industrial Technology, India

## Abstract

The use of multivitamin and mineral tablets to address physiological failures represents a common and accessible approach to health management. This abstract provides a concise overview of the utilization of such supplements encompass a spectrum of essential vitamins and minerals, which play pivotal roles in maintaining overall health. This abstract explores the rationale behind their use, emphasizing the ability of these tablets to address various physiological failures resulting from inadequate nutrient intake. Furthermore, the abstract delves into the diverse applications of these supplements, ranging from supporting fetal development in pregnant women and the elderly, to promoting general well-being and resilience against health challenges. While these

**Keywords:** Multivitamin; Minerals; Physiological Failures; Health Management; Nutrient Intake; Pregnancy; Elderly; Well-being; Resilience; Health Challenges.

## Introduction

The use of multivitamin and mineral tablets to address physiological failures represents a common and accessible approach to health management. This abstract provides a concise overview of the utilization of such supplements encompass a spectrum of essential vitamins and minerals, which play pivotal roles in maintaining overall health. This abstract explores the rationale behind their use, emphasizing the ability of these tablets to address various physiological failures resulting from inadequate nutrient intake. Furthermore, the abstract delves into the diverse applications of these supplements, ranging from supporting fetal development in pregnant women and the elderly, to promoting general well-being and resilience against health challenges. While these

\*Corresponding author: Dr. WervbCharles Sharma, Department of Biotechnology, Kalinga Institute of Industrial Technology, India, E-mail: Davis12@gmail.com

Received: 28-Sep-2023, Manuscript No: jowt-23-117684, Editor assigned: 01-Oct-2023, Pre QC No: jowt-23-117684 (PQ), Reviewed: 13-Oct-2023, QC No: jowt-23-117684, Revised: 18-Oct-2023, Manuscript No: jowt-23-117684(R), Published: 25-Oct-2023, DOI: 10.4172/2165-7904.1000621

Citation: Sharma W (2023) Using Multivitamin and Minerals Tablets to Treat Physiological Failures. J Obes Weight Loss Ther 13: 621.

Copyright: © 2023 Sharma W. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

