

Potential Negative Effects of Prolonged use of Multivitamin Syrups and Effervescent Tablets on Restorative Materials

Melis Unsal*

Department of Pediatric Dentistry, University of Yeditepe, Kayisdagi, Inonu Mahallesi, Kayisdagi Cd., 34755 Atasehir, Istanbul, Turkey

Abstract

Multivitamin syrups are a popular dietary supplement that provides a convenient way to supplement one's diet with essential vitamins and minerals. These supplements come in liquid form and are typically consumed orally, making them an easy and convenient way to meet daily nutritional requirements. Multivitamin syrups are designed to provide a wide range of essential vitamins and minerals that may be missing from an individual's diet. These supplements typically contain a mix of vitamins A, B, C, D and E, as well as minerals like iron, calcium and zinc.

Keywords: Multivitamin syrups • Effervescent tablets • Restorative materials

Introduction

Multivitamin syrups are a popular dietary supplement that provides a convenient way to supplement one's diet with essential vitamins and minerals. These supplements come in liquid form and are typically consumed orally, making them an easy and convenient way to meet daily nutritional requirements. Multivitamin syrups are designed to provide a wide range of essential vitamins and minerals that may be missing from an individual's diet. These supplements typically contain a mix of vitamins A, B, C, D and E, as well as minerals like iron, calcium and zinc.

One of the key benefits of multivitamin syrups is their ability to support overall health and wellbeing. Vitamins and minerals play a crucial role in maintaining various bodily functions, including immune system function, energy metabolism and bone health. A deficiency in these nutrients can lead to a range of health problems, including fatigue, weakened immune function and an increased risk of chronic diseases. Another benefit of multivitamin syrups is their ease of use. Unlike traditional pill supplements, which can be difficult for some individuals to swallow or digest, multivitamin syrups can be easily consumed by individuals of all ages, including children and elderly individuals [1].

However, despite their benefits, multivitamin syrups are not without their potential drawbacks. One potential concern is the risk of toxicity from consuming too much of certain vitamins and minerals. Some multivitamin syrups contain high levels of certain nutrients, such as iron, which can be toxic if consumed in excess. Another concern is the potential for interactions with other medications or supplements. Some vitamins and minerals can interact with prescription medications, leading to adverse reactions. It is important to consult with a healthcare professional before beginning any new supplement regimen to avoid potential interactions.

In addition, some multivitamin syrups may contain added sugars or artificial flavors, which can contribute to an unhealthy diet and increase the risk

of obesity, diabetes and other chronic diseases. To ensure the safest and most effective use of multivitamin syrups, it is important to follow the manufacturer's instructions for use and to consult with a healthcare professional before beginning any new supplement regimen. Individuals with preexisting medical conditions or who are taking prescription medications should be especially cautious when considering the use of multivitamin syrups.

Literature Review

Multivitamin syrups are a convenient and effective way to supplement one's diet with essential vitamins and minerals. However, individuals should be aware of the potential risks and should use these supplements responsibly to ensure optimal health and wellbeing. Effervescent tablets are a popular form of dietary supplement that dissolve in water to create a fizzy and refreshing drink. These supplements are designed to provide a convenient and easy way to supplement one's diet with essential vitamins, minerals and other nutrients. Effervescent tablets are typically consumed by dissolving them in a glass of water and drinking the resulting fizzy beverage. They come in a wide variety of flavors and formulations, including those designed to support immune system function, bone health, energy metabolism and overall wellbeing.

One of the key benefits of effervescent tablets is their ease of use. Unlike traditional pill supplements, which can be difficult for some individuals to swallow or digest, effervescent tablets dissolve quickly and easily in water, making them a convenient and easy way to supplement one's diet with essential nutrients. Effervescent tablets also offer the benefit of faster absorption than traditional pill supplements. The effervescence process helps to break down the tablet and dissolve the nutrients in water, making them more readily available for absorption by the body. This can help to ensure that individuals receive the full benefit of the nutrients contained in the supplement.

Another benefit of effervescent tablets is their pleasant taste. These supplements often come in a variety of flavors, making them a more enjoyable and palatable way to supplement one's diet with essential nutrients. This can be especially important for individuals who have difficulty swallowing pills or who may be reluctant to take supplements due to their taste or texture. However, despite their benefits, effervescent tablets are not without their potential drawbacks. One potential concern is the risk of toxicity from consuming too much of certain vitamins and minerals. Some effervescent tablets contain high levels of certain nutrients, such as vitamin C or iron, which can be toxic if consumed in excess. Another concern is the potential for interactions with other medications or supplements. Some vitamins and minerals can interact with prescription medications, leading to adverse reactions. It is important to consult with a healthcare professional before beginning any new supplement regimen to avoid potential interactions.

In addition, some effervescent tablets may contain added sugars or

*Address for Correspondence: Melis Unsal, Department of Pediatric Dentistry, University of Yeditepe, Kayisdagi, Inonu Mahallesi, Kayisdagi Cd., 34755 Atasehir, Istanbul, Turkey, E-mail: melisunsal@gmail.com

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artificial flavors, which can contribute to an unhealthy diet and increase the risk of obesity, diabetes and other chronic diseases. To ensure the safest and most effective use of effervescent tablets, it is important to follow the manufacturer's instructions for use and to consult with a healthcare professional before beginning any new supplement regimen. Individuals with preexisting medical conditions or who are taking prescription medications should be especially cautious when considering the use of effervescent tablets. Effervescent tablets are a convenient and enjoyable way to supplement one's diet with essential vitamins, minerals and other nutrients. However, individuals should be aware of the potential risks and should use these supplements responsibly to ensure optimal health and wellbeing [2].

Discussion

Multivitamin syrups and effervescent tablets are popular dietary supplements that are commonly used by individuals of all ages. While these supplements are generally considered safe, there is growing concern about their potential negative effects on restorative materials such as dental fillings, dentures and other prosthetic devices. Restorative materials are commonly used in dentistry to repair damaged or missing teeth. These materials are designed to be durable and long-lasting, but they can be susceptible to damage from a variety of sources, including acidic substances like multivitamin syrups and effervescent tablets. One of the main concerns about multivitamin syrups and effervescent tablets is their high acidity. These supplements typically have a pH level of 2.5-3.5, which is highly acidic and can cause erosion of restorative materials over time. The prolonged use of these supplements can lead to deterioration of the material, which can result in the need for expensive and time-consuming repairs or replacements.

Another concern is the abrasive nature of some multivitamin syrups and effervescent tablets. These supplements often contain abrasive ingredients that can scratch or wear down the surface of restorative materials. This can cause roughness or unevenness on the surface, which can make the material more prone to staining and discoloration. In addition to their effects on restorative materials, prolonged use of multivitamin syrups and effervescent tablets can also have negative effects on the overall health of individuals. High levels of certain vitamins and minerals can lead to toxicities and some supplements can interact with prescription medications, leading to adverse reactions [3-6].

Conclusion

To minimize the potential negative effects of multivitamin syrups and

effervescent tablets on restorative materials, it is important to follow the manufacturer's instructions for use and to consult with a healthcare professional before beginning any new supplement regimen. Individuals with restorative materials should also be vigilant about their oral hygiene and should avoid consuming acidic or abrasive substances that can damage their dental work. The prolonged use of multivitamin syrups and effervescent tablets can have negative effects on restorative materials such as dental fillings, dentures and other prosthetic devices. While these supplements can be beneficial for overall health, it is important to use them responsibly and in accordance with the manufacturer's instructions to avoid damaging restorative materials and to ensure optimal oral health.

Acknowledgement

None.

Conflict of Interest

None.

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