



Our Male & Female Multivitamin Capsules Are Back! | Fourfive



And they've been reformulated!

If you have long been a fan of our [Male](#) and [Female Multis](#) here at fourfive, you might have been wondering why they have been out of stock in our store for a while.

The short answer to that question, is that we have been focusing on reformulating them, to help ensure they are even better-aligned with our customers' nutritional requirements, than they ever were previously. And now, our shop is offering them once again!

So, whether you have been considering other vitamin supplements in the meantime, or you might have been fallen out of the habit of taking multivitamins altogether, let's remind you of some of the reasons you may look to take them. Studies continue to point to real potential benefits from multivitamins.

With every passing week, it seems that more evidence emerges of the very real benefits vitamin supplements can have in supporting our all-round health.

You might have recently read, for instance, about two studies recently carried out by researchers from Columbia University and Brigham Women's Hospital/Harvard University, which discovered that multivitamins may help preserve memory as we age.

Indeed, a research effort known as the COcoa Supplement and Multivitamin Outcomes Study Web (COSMOS-Web) entailed approximately 3,500 adults, aged above 60, being randomly assigned a daily multivitamin or placebo.

The study participants were then subject to a number of cognitive tests each year for three years. By the end of the first year, those who took a multivitamin showed much greater memory-recall improvements compared to when they began the study, and when assessed alongside the placebo group.

In fact, the improvements seen were equivalent to approximately three years of age-related memory decline. That's a mighty benefit that could be derived from simply taking vitamin supplements.

Then, there was the other recently reported study – this time running over six months, and focusing on healthy older men – that found daily multivitamin/multimineral supplementation could help to improve nutrition biomarkers.

That particular research was led by Tory Hagen and Alexander Michels of Oregon State University, with the findings – as published in the *Nutrients* journal – indicating that if people want to age healthily, they could benefit from giving serious consideration to the leading vitamin supplements.

Our vegan multivitamin capsules could be just the thing for a broad range of needs.

Here at **fourfive**, we appreciate that our customers are in all manner of life situations, and have a wide range of priorities and requirements. You might feel that you're chained to your desk a lot of the time, you may be a committed "gym bunny", or you might be something else altogether!

Whatever your exact preferences and circumstances are, though, you can count on our Male and Female Multis providing the right, targeted support to your overall health and wellbeing. We have formulated our multivitamin capsules for men and women to be fast-absorbing and 100% natural, with no preservatives or unnatural fillers. Instead, we've packed in all the bioactive ingredients that should be instrumental in your efforts to power yourself, in optimum health, through each and every day.

To learn more about what the fuss is all about with our latest Male and [four five female multi](#), simply [click through to the vitamins section](#) of our site for these strong-selling vitamin supplements.

And don't forget that when you commit to a monthly subscription – which can be cancelled at any time – you can save 20% on the price of these supplements, and won't need to remember to keep purchasing to replenish your supply. That sounds like an excellent deal to us!