Reviewer’s report

Title: Multivitamins/multiminerals in Switzerland: not as good as it seems

Version: 2  Date: 26 February 2014

Reviewer: Susanne Rautiainen

Reviewer’s report:

- Minor Essential Revisions
The author can be trusted to make these. For example, missing labels on figures, the wrong use of a term, spelling mistakes.

Introduction
1. Page X, last paragraph. Authors are referring to their own experience. Could they provide more information and a reference.

Results
2. Page 4, second paragraph. I think “vitamin (mineral)” better reads “vitamin or mineral”.
3. Page 4, last paragraph: “When the maximum recommend posology was considered, almost half of the resulting intakes for vitamins were over 150% of the ADI, although this percentage was lower for niacin and vitamin K (table 1). When the maximum recommend posology was considered, almost half of the resulting intakes for vitamins were over 150% of the ADI, although this percentage was lower for niacin and vitamin K (table 1).” Unclear what the author mean.

Discussion
4. Page 5, first paragraph. “… leads to products that contain mostly all vitamins and minerals..” Do the authors mean all ESSENTIAL vitamins and minerals?
5. Page 5, first paragraph. What is the authors opinion of standardization of doses in the definition of MVM?
6. Page 5, second paragraph. “Hydrosoluble vitamins consumed in excess can be excreted via the kidney, while no such mechanism is available for some minerals; hence, the amount of minerals might be reduced for safety reasons.”. The authors may want to add that some studies suggests that although water-soluble vitamin are excreted they may cause harm in excessive doses before excretion.

- Discretionary Revisions
These are recommendations for improvement which the author can choose to
ignore. For example clarifications, data that would be useful but not essential.

I would suggest to add a paragraph to the discussion on what implications the results of this study have with regard to epidemiologic studies investigating the association between MVM and chronic diseases and also when communicating results from such studies to the general public. The variation in doses and included vitamins and minerals makes it hard to measure exposure to MVMs. Also to compare studies assessing MVM use. Are we always looking at the same thing?

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

I declare that I have no competing interests