

GLAMOUR

3 Gummy Vitamins You'll Become Completely Addicted To

By [Marissa Gold](#)

I was never much of a candy person. I didn't taste Skittles until high school, and I had my first gummy bear around the same time. Meh. However, the first time I tried gummy vitamins, I was hooked. And I'm pretty sure I've eaten them every day for the past 10 years.

What is it about something that's "healthy" but tastes like it's...not? Is it a guilty pleasure? Too good to be true? Well, I can't help but love them.

Here, three of my favorites—a multi vitamin, a hair/skin/nails supplement, and a collagen "beauty" chew:



[NeoCell Beauty Bursts Gourmet Collagen Chews](#)

Serving: 2 gummies

Calories: 40

Sugar: 2 grams

Flavor sources: brown rice syrup, evaporated cane syrup

Taste like: mint chocolate

Have you tried any of these? Do you have any thoughts (positive or negative) about gummy vitamins?