

# *Improving* **Vitality**

Improve Your Vitality Through The Power  
Of Nutritional Supplements



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# Introduction

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**For many years, people have been talking about and taking nutritional supplements.**

What started out as natural herbs, has now grown into a trend that people use on a daily basis.

These days, you can find supplements more sophisticated than ever, available in many different forms such as liquid, capsules, pills, and teas. There are some that are still home grown, although they aren't as popular as those that are commercially supplied.

In general, nutritional supplements are taken to help with diets that are missing vital nutrients and minerals. They come in many different forms as stated above, and provide one or more of vital sources such as vitamins, minerals, herbs, and amino acids. Although they aren't intended to replace meals, nutritional supplements can be taken to enhance your diet.

There are many reasons why you should take nutritional supplements. One reason, is the environment. With the environment rapidly changing, there is more toxin in the air, in the water we drink, and the

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foods we eat. With our bodies having to work twice as hard to eliminate these toxins, it is always wise to take supplements and help our bodies to get rid of the harmful toxins.

Stress is also a factor on your body. Stress can put your body at risk for many different things, such as a lower resistance for diseases.

Therefore, if you take supplements, you can get your immune system built back up and help your body function a lot better. There are many different nutritional supplements you can take, such as glyconutrients, that will help you combat stress.

One of the main reasons to take nutritional supplements is due to poor eating habits. Those who have busy lifestyles, sometimes don't eat as healthy as they should. Often times, it can be very hard to take the necessary time to eat a healthy meal.

Whenever we can't get a healthy meal, we can always look towards supplements. They will enhance our diets and give us the nutrients that our bodies need for energy, health, and many other purposes.

Those of us that are athletic or exercise, will need more nourishment for the body. As you work out or play sports your body will need more nutrition. Some good examples of supplements include protein, vitamins, and minerals. You can find them in many different foods, or use vitamins and nutritional supplements that contain them.

If you are looking to lose weight, nutritional supplements may come in handy. Anytime you decide to diet, you eat much less and may end up missing on foods that contain essential vitamins and minerals.

If you take some nutritional supplements on the other hand, your body won't miss any of the important vitamins and minerals it needs. To make things even better, you can also get supplements that will help you lose weight as well, along with giving your body everything it needs to function and carry out your normal everyday routine.

No matter how you look at it, nutritional supplements are great for many things. You find them in your local GNC or nutrition store, or online. There are many different supplements to choose from, giving you everything you need to get the right nutrients and vitamins.

If you've been looking for a way to get the nutrients, vitamins, and minerals your body needs - look no further than nutritional supplements. They are available at a great price - with many excellent manufactures offering you plenty of innovative products.

### **Vitamin Supplements**

Although getting the proper amount of vitamins and nutrients from natural food is important, it can be very hard to do. Those who can't get the minerals and such they need from food, turn to vitamins and supplements.

With vitamin supplements being a big business, there are many manufacturers to choose from. Each year, there are thousands of supplements out there, with customers spending billions and billions of dollars to get the supplements and vitamins they need.

Right now, there are 3 different delivery systems for supplements - liquid, capsules, and tablets. Although each one is good in its own right, you should always pick one that dissolves easy and doesn't just pass through your system. If your vitamin passes through your body, it will end up toilet and you'll end up wasting your money.

Liquid is considered to be the best, although there aren't that many supplements or vitamins available in liquid form. Liquid is preferred by some, although others think of them as tasting like cough syrup. If you aren't able to swallow pills or capsules, then liquid would be a great alternative.

The most common type of supplement is tablets. Tablets are created from organic cement then formed into shape. The only drawback here is dissolving. For tablets to dissolve properly, organic cements need to be used, although they cost quite a bit more, causing manufacturers to skip adding them.

You can also find supplement tablets that have a coated shell, although they are normally found in the cheaper vitamin and supplement stores.



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The capsule type of vitamin supplements is preferred by many, as they dissolve quickly, normally faster than the other delivery systems. Due to the fact of them not being compressed like tablets, you'll normally need to take two of them to get the same amount that's provided with one tablet.

When you use vitamin supplements, you want to be sure that you are getting the most amounts possible. Vitamins are a great alternative to minerals and nutrients found in food, and are ideal for those who aren't able to eat the right foods.

Vitamin supplements are also great for athletes or those looking for more energy, as they will supply the levels your body needs for exhaustive activity.

You can buy your vitamin supplements on the Internet, or through a local nutrition store such as GNC. GNC is among the most popular in terms of local stores, as they carry hundreds and hundreds of vitamins and supplements. You can find everything from health vitamins to bodybuilding supplements.

They have rock bottom prices with plenty of manufacturers, including the top name brands. With millions of dollars in revenue each year and over 100 chains throughout the United States, GNC is a dominant name in the world of vitamins and supplements.

If you need to take vitamins or supplements but aren't sure what you should take, you should consult with your doctor. Vitamins and supplements are a great way to get minerals and nutrients to your body, although they should never, ever, be used to replace food. You'll still need to maintain a healthy diet, even though you may be taking vitamins.

If you can maintain a healthy diet when taking your vitamins and supplements, you'll find the benefits to be twice as good. When choosing your supplements you should always choose them wisely, making sure that you get exactly what you need. If you choose your vitamins and supplements wisely – you'll find them to be the perfect addition to a healthy diet.

# Chapter 1: Vitamins and Your Health

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**These days, we all know that taking vitamins is an easy way to start pursuing a healthy and disease free way of life.**

In the past, vitamins were used with diets, although they weren't near as sophisticated as they are today. The vitamins of today are far more sophisticated and geared towards certain aspects of your body and your health.

Even though some people may not realize it, food doesn't give you all of the vitamins and nutrients your body needs. Although you may be following a healthy diet, you won't receive everything your body needs to carry out daily functions. You can buy high quality food if you wish, although it isn't the preferred way to fix this type of situation. No matter what you choose to eat, you still won't get the vitamins and nutrients you need.

If you have any type of restrictions with your diet, it can be even more difficult to get the vitamins and nutrients you need. Those who suffer from food allergies especially, find it even harder to get the right

amount of vitamins. Even if you have a small appetite, you can be at a major disadvantage to getting everything your body needs. Smaller appetites get full a lot quicker, making it harder to eat the foods you need on a daily basis.

No matter how you look at it, you won't get everything your body needs from food. To get the vitamins, minerals, and nutrients you need, you'll need to use supplements and vitamins. Vitamin supplements are the easiest way to give your body what it needs.

You can use vitamins and supplements in your normal diet, although you'll need to choose them accordingly with what you need and what your diet consists of.

Even though there are many vitamins that you can benefit from, one of the most important is B12, which can raise your energy levels and help with your immune system. Some other vitamins you'll need to include in your normal diet are vitamin A, C, D, and E.

These vitamins are very important to your body, as they help with many different functions. Vitamins C and E are among the most important, as they help with your skin, hair growth, and the way your body functions.

To ensure that your body remains at its best, you should make sure that you get the right amount of vitamins with your diet. You can find vitamin supplements locally or on the Internet, with hundreds to choose from.

You should also include selenium and colostrum in your daily diet as well, as these two vitamins will help you with your health. If you take the right vitamins with your diet - you'll find that your health and energy will always will remain at their top levels of performance.

## **Supplements and Your Health**

A lot of people these days are trying to make their health better. No matter where you turn, from TV to newspapers, you'll see stories about people and how bad their health actually is. Even though there

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are many different companies out there that offer vitamins and supplements and claim that they will change your healthy, you'll need to research what they offer and sure that you aren't just wasting your money.

If you are looking to improve your health, you'll need to at many different vitamin supplements to find which ones are the best for you. You should look at everything available, and not just try a few to see what happens.

Dieting is the ideal place to start, as it can make the most improvements on your health. Dieting can change your body, and make you feel a lot better as well.

These days, a lot of people eat way too much sweets and sugar, choosing refined products over healthy food. Even though it isn't a bad thing to enjoy sweets and chocolate, you should never make a habit out of it. You can still enjoy your favorite foods as well, although you should be looking at the healthy benefits of food as well and think of everything as a whole.

If you include healthy foods such as salads, vegetables, and fruit into your diet, you'll be eating healthy. Protein is also beneficial to your health, as it promotes the growth of your muscle.

Those of you, who are serious about eating healthy but are unsure where to start, should contact a nutritionist. They will be able to tell you where to start, and how to achieve a healthy diet that will change your life.

Even though you may be eating healthy or trying to eat healthy, you'll probably find yourself wondering about vitamins and supplements and how much of an impact they have on your diet. Dieticians are ideal to consult with these types of questions, as they can answer any questions relating to vitamins that you have.

They can also tell you which supplements are ideal to your health, and which ones you should include in your diet.

Different people will have different needs and requirements, making it essential to get advice from a qualified professional. If you get the

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advice from a professional, you'll know what you can add to your diet. If you try to do it all yourself without the advice of a professional, you can end up not getting enough in your diet, or you could end up taking something that you shouldn't be taken.

Exercise is also important to your diet and your health. Although supplements and vitamins will go a long way, exercise will do a lot for your body. If you exercise on a regular basis, and take the right supplements and vitamins with your diet, you'll notice that you have more energy and you feel better than you ever have in your life.

Before you start with your new diet or rush out and buy your new vitamin supplements, you should always check with your doctor first to see if he has any recommendations.

You should also tell him what type of exercise you are planning on doing, and see if there are any complications with your health.

Getting a healthy lifestyle is always a great thing, although you should always consult with your doctor. This way, you'll know the best way to start and how to go about getting in the best shape of your life.

## Chapter 2: Taking Supplements

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**Throughout the world, a lot of people have problems with their digestive systems that make it hard to absorb nutrients and break down the food they eat.**

This is a common problem, one that is usually caused by a poor level of acid in the stomach, toxic in the gut, or a lack of production enzymes that assist with the breaking down process. There are other causes as well, although the above are the most common.

Problems with the digestive tract can be improved quite a bit if you slowly increase your intake of nutrients. A diet that is high in organic matter is the preferred way to improve your digestion, although you may need to use supplements as well.

The best thing about supplements is the fact that you don't need a prescription. You can select which ones you want on your own, and purchase them at your local nutrition store or online.

The ideal time to take supplements is with your meals. During this time, your body can absorb the nutrients better, as your digestive system will be stimulated with food. If you are using time released



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supplements, you should take them with food to ensure that they move through your body at the right pace and release the proper amount of nutrients and vitamins your body needs at the right time.

Vitamins that are water soluble are the easiest to use, as they will pass through the body easily and quickly, and should be taken three times a day.

Vitamins that are fat soluble are best absorbed if they are taken with food that contains fat. You should always take vitamins with meals, as the minerals and nutrients found in food will work with the vitamin supplements.

There are some supplements that may interfere with others when you absorb them, so you should always make sure what you are taking is acceptable to take with other forms of vitamin supplements.

*Below, is a list of the most common vitamins and how you should go about taking them:*

**Vitamins A, D, and E** - These vitamins should always be taken with meals that contain fat or oil.

**Vitamin B** - You should always take vitamin B supplements as soon as you wake up, to get the maximum benefit. You can also take them during the day with a whole grain meal.

**Vitamin C** - Supplements containing vitamin C should be taken with meals and never on an empty stomach.

**Iron** - Iron supplements should always be taken with food, as they are easy to absorb this way.

**Multi-vitamins** -You can take multi-vitamins at any time, although you should always consume a small meal with the supplement.

Even though you may be on a healthy diet, you should still make sure that you are getting the proper vitamins and supplements as well.

Supplements will help your body get the vitamins and minerals it needs, especially on days that you aren't able to eat what you should.

Life can get hectic at times, which is where supplements can really come in handy.

If you include supplements in your diet and take them correctly, you'll find that your body will be much healthier. There are many different vitamins and supplements that you can take, although they will depend on what you are trying to achieve.

You should always research a vitamin that you are interested in taking, and make sure it fits your needs before you decide to purchase it.

### **A Lack Of Vitamins**

Everyone knows that the human body needs a certain amount of vitamins and minerals every day to function properly and remain healthy.

A well balanced diet can supply your body with the vitamins it needs, although problems and disorders can arise if your diet doesn't supply your body with the vitamins it needs. The symptoms of vitamin deficiency will normally present themselves when the lack of vitamins is at an advanced level.

Those who don't get enough of vitamins A, B1, and B2 for example, will always feel tired, along with a loss of appetite. Other symptoms include mental and emotional stress, chapped lips, and other annoying or painful habits.

The most common causes of deficiency include a poor diet, alcoholism, stress, a lack of vitamins, or medicine that interferes with your ingestion of vitamins. If you are always feeling tired or feeling a lack of energy, you are probably short on the vitamins that your body needs to have on a daily basis.

If you visit your doctor and tell him the problem, he will probably recommend vitamins and supplements that will give you what you need. Whatever you do, you should never overdo it and try to catch up on what you've been missing - as this will do you more harm than good.



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Even though you may be following a healthy diet, you'll still need to take vitamins and supplements. No matter how healthy you eat, you should still use the right vitamins and supplements to give your body what it needs.

Vitamins are a great back up source, as they will provide your body with the minerals and nutrients it needs in the event of your diet failing you.

Before or after every meal that you consume, you should take vitamins or supplements. If you have a deficiency in a certain vitamin or vitamins, you should make sure that you never miss taking the vitamin you need.

Even though you may not realize it, being deficient in a vitamin can greatly damper your performance as well as the overall health of your body.

When you look for supplements, you should always look for those that contain vitamins B6, B12, D, E, and folic acid. Along with being considered dietary supplements, these well-known vitamins will help to fight cancer and help your heart remain healthy.

The combination of these vitamins will help your body to remain healthy, boost your immune system, and keep you feeling refreshed.

To remain healthy and keep your body operating as it should, you'll need to invest in vitamins and supplements. You can find them online or at local nutrition stores, many of which won't cost you much money at all.

No matter what your age may be, you'll need to ensure that you are eating the right foods and taking the right foods. Keep in mind that you should never replace food with vitamins, as they are more less meant to give you additional nutrients and minerals.

Anytime you aren't able to eat the right food, you should always turn to vitamin supplements to give your body what it needs. Supplements and vitamins are one of the best investments you can make, as

everyone needs vitamins in their body. Even though the costs may add up over time, it is more than worth it when you think about.

For what you spend in vitamins and supplements, you'll be keeping your body healthy - and preventing a deficiency in vitamins. Although vitamin deficiency is very common these days, it doesn't have to be.

### **Getting Energy From Vitamins**

The biggest complaint that doctors often hear from patients is a lack of energy, or the constant feeling of fatigue. Due to these types of complaints, it really isn't a surprise that people want to know the best types of vitamins and supplements they can get for energy. All vitamins are ideal for staying healthy, as well as keeping your body performing in top shape.

Among vitamins and supplements, one of the most common for energy is folic acid. Folic acid is a B vitamin that has been proven to increase energy levels. Even though you can look for vitamins that provide energy, it would be in your best interest to find those that can be effective with fighting fatigue as well.

There are vitamins, nutrients, and supplements that are great for fighting fatigue and helping the body stay alert.

The vitamin known as NADH is very powerful for energy, although many people aren't aware of it. People who use vitamins on a regular basis would find themselves very impressed with the boost NADH provides.

It is often used with chronic fatigue, although the way it works can be quite complicated indeed. Other vitamins that are great for providing energy include the MSM supplement and ginkgo biloba.

If you happen to be on a blood thinner, such as aspirin, you should always consult with a doctor or other trained specialist before you take ginkgo biloba, as it is a blood thinning agent. Even though it is

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considered to be an energy vitamin, if you use it with aspirin it can thin your blood down a bit too much. If you get your blood too thin, it may lead to medical problems later on in life that can prevent you from doing the things you love.

With any vitamin that you take as a source of energy, you should always consult with your doctor. If you have any type of heart or other serious medical condition, you may not be able to take the vitamin you are interested in.

For this reason, you should always consult with your doctor and ask for his advice. After a few tests and exams, your doctor will be able to tell you what type of vitamins you should or shouldn't take.

In the world of vitamins and supplements, there are many alternative sources that you can take for energy. Whether you are a senior citizen looking to do more activities or an athlete looking to get more energy, there are many different vitamins out there that can give you what you need.

Before you rush out and explore your options though, you should always consult with your doctor first and see if there are any vitamins you shouldn't be taking.

## Chapter 3: Getting The Right Amount Of Vitamins

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**If you eat healthy and balanced meals each and every day, you will get all of the necessary vitamins and minerals your body needs to function.**

Even though we all have different dietary needs, we all need vitamins in order to live healthy lives and prevent diseases. Vitamins have been around for hundreds of years, providing us with a way to live our lives in a healthy manner.

Although there are many different vitamins out there, you'll need a certain amount of each one to keep your body healthy. There are many different classifications of vitamins, including A, B, C, and E.

These vitamins are extremely important, with each one serving a unique purpose for both your body and your health.

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When it comes to the type of vitamins, B vitamins are the most diverse. This is a very important vitamin, one that was discovered by mixing several chemicals together.

With the B vitamin being so diverse, scientists understand the complex well enough to isolate the vitamin into eight different variations of the B vitamin family. These variations include B1, B2, B3, B5, B6, B7, B9, and B12.

As with other vitamin classes, a deficiency in the B vitamin can result in several different conditions such as weight loss, weakness, stress, diarrhea, dementia, anemia, and other things.

A deficiency in B vitamins isn't good for anyone, as the entire family contributes to your body. If you have a deficiency of any of the variation of this vitamin, you should always do something about it just as fast as you can.

As a whole, the B vitamin family will work to give you healthier skin, a faster metabolism, and an overall better immune system. They can also help you to fight back against depression and stress as well, which is something we could all use.

No matter how you look at it, this family of vitamins could greatly improve life as you know it. Although other vitamins are essential to your diet as well, the B family is among the most important. All of these vitamins should be included in your daily diet, as they greatly improve your body and your health.

Even though you may be on a healthy diet, you may not be getting what you need of the B vitamin family. If this happens to be the case, you should look into vitamin supplements that will give you the doses of the B vitamins you need. Although you may not realize it, going without B vitamins can be very bad on your body and your health.

If you make the smart choice and get yourself some B vitamin supplements - you'll know that you are getting exactly what you need to live a healthy life.

## **Your Body and Antioxidant Foods**

Even though a lot of people don't actually realize it, a lot of antioxidant foods that we consume are from vegetables. Vegetables such as broccoli, cauliflower, tomatoes, and peppers are all excellent choices with some great benefits for your body.

When consuming vegetables, you should always go for those that are rich in color, as they are high in what is known as phytonutrients.

Phytonutrients are nutrients found in the skins of several fruits and vegetables, which give the food color as well as flavor and scent. Phytonutrients are quite simply the best types of antioxidant foods that you can find anywhere. If you are looking for a supplement value, the coq10 offers you a high level of antioxidant value.

Although fruits and vegetables are the best sources for antioxidants, the problem with them is that they are produced by the use of chemical herbicides, pesticides, and different types of fertilizers.

Over the years, studies have shown that fruits and vegetables which are organically grown are high in antioxidants, and boast a much higher concentration than those that have been produced commercially.

In the busy world of today, it can be very tough to eat like we should, nor can we eat organic fruits and vegetables all the time. If you can't or don't have access to organic fruits or other sources of antioxidant foods, you should look into nutritional supplements that offer you the phytonutrients you need in your diet.

Supplements that contain phytonutrients do have advantages when compared to certain fruits, such as carrots - which can elevate your blood sugar level to a very high level.

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Phytonutrients found in supplements are the extract of pigments where nutrients are concentrated, meaning that they draw the best from antioxidant foods, leaving the calories and sugar behind.

Don't get the wrong idea here, fruits and vegetables are indeed good for you. They are high in antioxidants, although those that are produced commercially generally come with chemicals and such that aren't so good for you.

Canned fruits and vegetables come with high levels of sugars and calories, which antioxidant supplements don't have. The supplements offer you the levels you need, without any chemicals, sugars, or calories. This way, you don't have to worry about consuming anything that isn't good for you.

No matter how you look at it, healthy eating for your body starts and end with foods that contain antioxidants. There are several types of foods that contain antioxidants, although fruits and vegetables contain the most amounts.

Steak and meat are also great sources of antioxidants, along with other great benefits, such as protein. Anytime you can't get foods that contain antioxidants - you can count on supplements to deliver the amount you need to stay healthy.

## Chapter 4: Liquid Vitamin Supplements

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**Several years ago, liquid vitamin supplements were never heard of.**

In the past, tablets and pills were the ideal way to take supplements. Although they were considered to be great, they wouldn't get into the bloodstream of the body fast enough, with some people just passing them through the body without reaping the benefits.

With the market craving more and manufacturers looking for ways to make vitamins better, they decided to turn to liquid vitamins.

Although fruit and vegetables contain the right amounts of minerals and nutrients, it's nearly impossible to live off them alone. Even though they contain the right amount, it's also impossible to eat the right amount that our bodies need on a daily basis.

While some may choose to eat a lot of fruits and vegetables, the human stomach simply isn't big enough to contain all of the fruits and vegetables that an individual needs on a daily basis.



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To get the right amount of minerals and nutrients, you'll need to take vitamin supplements. Supplements have long time been the ideal way to supply your body with the minerals and nutrients it needs.

Although pill and tablet vitamins can give you what you need, they don't deliver the vital nutrients your body needs quick enough. Liquid vitamin supplements gets into your bloodstream and your body fast, proving to be effective in a fraction of the time.

Liquid vitamin supplements can also help you to improve your health and live a better life. Even though you may be on a healthy diet, there will always come a time when you aren't able to eat a healthy meal.

Busy lifestyles can make it hard to get the food you need, which is where supplements really come in handy. No matter how busy your day may get - you can always take liquid supplements wherever you are.

Another ideal fact about liquid vitamin supplements are the fact that they contain everything you need. With pills and capsules, your body will normally absorb around 20% of the nutrients found in the supplements. Liquid vitamin supplements on the other hand are easily absorbed by your body, and move to your vital areas faster.

Due to them being liquid, they are much easier to digest than pills or tablets. Therefore, pills and tablets are becoming replaced by liquid supplements.

If you've been looking for the best vitamin supplements for your body, you should be looking at liquid supplements. There are many manufacturers available, each one offering you cutting edge vitamins for your body and your health.

You can take them the say way that you take pills and tablets, with your meals. This way, you'll get the protein and other sources you need from food - and the essential vitamins and nutrients your body needs from liquid vitamin supplements.

## **Antioxidant Supplements**

A key ingredient to improving your lifestyle and living a healthy life is antioxidants. There are several antioxidant supplements out there that can help you live a healthy life, that are natural and won't cause you any damage. You can also eat different types of food that contain antioxidants as well, although supplements are the ideal way to get the right amounts of antioxidants.

If you take in more antioxidants through food and supplements, there are a few benefits that you'll have, with the first being cell protection. Antioxidants can help to protect your cells from damage, which helps to fend off diseases.

Many times, you can have a lack of vitamins in your body, which will cause you to recover from diseases or injury very slow. If you have the right amount of vitamins and antioxidants in your body, you'll notice the differences.

In most cases, you can get antioxidant supplements in the form of herbal or natural, which will greatly help your body. They have a lot of benefits as well, such as preventing various diseases, keeping blood clotting under control, and restoring libido. Nutrition and proper dieting is a very important part of life, therefore you should always keep your health under control and make sure you eat well.

There are non-synthetic supplements out there as well, that are ideal for keeping your health maintained. They can be easily absorbed by your body, unlike that of synthetic supplements. Synthetic supplements are well known for their absorbing, as it can take a long time before you see any type of results.

Non synthetic on the other hand, gives you almost immediate results, as they are easily absorbed by the body and don't have any type of side effects.

Keep in mind that even though you may be taking vitamins that contain antioxidants, you'll still need to remain on a healthy diet. You'll need food that contains the minerals and vitamins you need as well, although the supplement vitamins will give you more.

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You can also use vitamins and supplements that contain antioxidants if you aren't able to eat the right foods that contain these precious nutrients.

For more reasons than one, you should always make sure that you include foods and supplements that contain antioxidants in your diet. If you aren't taking in the right amount of antioxidants, you'll be at a risk for disease or other harmful effects.

Antioxidants do a lot for your body, which is why you want to ensure that you are taking in the right amounts. You can find many different vitamins and supplements that include them, all you need to do is make sure that you are eating right and doing all you can to lead a healthy lifestyle.

## Chapter 5: Supplements For Building Muscle

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**If you were to walk into your local health and nutrition store looking for supplements that build muscle, you'll probably find yourself confused and amazed at just how many products there are to choose from.**

With so many supplements available, it can be a little on the tricky side to decide which ones will help you with your goals. There are a lot of supplements out there to help you build muscle, although some may not be ideal for your goals.

The first thing to keep in mind, is the fact that you don't always need muscle building supplements to build muscle, although will help you speed up the process.

These types of supplements can help you increase muscular development, providing you work out. They can aid you in both muscle growth and the recovery of your muscles. Among the many products available, the most popular are protein, creatine, and multi-vitamins.

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Protein is a preferred supplement among bodybuilders and those who exercise. It contains many amino acids which help you to build muscle.

No matter what type of diet you are on or supplement you select, you should always pick one that contains a lot of protein. The ideal way to take protein, is 2 grams per pound of body weight. You can get protein in pill form, powder, or even bars.

When you select your protein supplement, you should also make sure that the supplement contains whey, soy, and eggs. Whey protein is the ideal supplement, as it contains everything you need to start building muscle.

Creatine is another beneficial supplement, as it will help you increase your muscle mass and improve the recovery time for your muscles. Creatine also helps you to increase your muscle pumps as well, allowing you to do more repetitions with more weight.

Normally, you will need to go through a loading period of creatine, which is usually a week. Once you have loaded it, you should use in cycles, a few weeks using it and a few weeks off. To get the most from creatine, you should always follow the instructions the manufacturer has provided on the label.

Micro-vitamins are another great supplement, as they work great for those who aren't getting enough minerals and vitamins with their normal diet. Although you may have the best of intentions, a busy or hectic schedule can make it very hard to get a healthy meal.

If you use vitamin supplements in your diet, you can get the vitamins and minerals your body needs. If you are looking to build muscle, you should always take the proper supplements, and use protein bars and shakes if you aren't able to eat a healthy meal.

Building muscle is something we would all like to do. Even though it requires a lot of exercise and commitment on your behalf, you should also have the necessary supplements as well.

If you use the right supplements, you'll notice the muscle growth in a matter of weeks. Supplements will help you to build muscle, by speeding up the process.

There are a lot of brands and manufacturers to choose from. You can find these supplements locally or online, giving you plenty of great deals to take advantage of.

If you exercise and are looking to add more muscle mass to your body, you should give muscle building supplements a try. They work extremely well, they taste great, and they will greatly assist you in your quest to build muscle and live a healthier life.

### **Supplements For Calcium**

Throughout your life, calcium will prove to be very important. With the most important times of your life, such as childhood, breast feeding, or pregnancy, getting the right amounts of calcium is very important. For children, calcium helps with the growth of teeth and bones, and it prevents blood clots. With adults, calcium helps to prevent osteoporosis.

If you are looking to take, or currently taking calcium supplements, you should take them either before or after your meal, with a large glass of liquid, preferably water. If you are using chewable calcium supplements, then you should make sure that you chew the pills thoroughly before you swallow.

If you have trouble chewing them, you should always let them dissolve in a glass of water or juice then slowly drink once it is dissolved. Keep in mind, you shouldn't take other medications immediately following calcium supplements, as they can easily interfere with other types of medications that you may be taking.

Although calcium supplements are ideal for promoting bone and teeth growth and health, you should always make sure that you can take them before you make the purchase. Those who suffer from lung disease, kidney stones, stomach problems, or diarrhea should always consult with a doctor first to make sure that calcium supplements won't make things worse.

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If you happen to be pregnant, you should let your doctor know that you are interested in or taking calcium supplements, as that have been known to get into breast milk.

Normally, anyone can take calcium supplements, although using them in high doses may cause different and adverse reactions. If you take calcium supplements in large doses, you may experience constipation, vomiting, nausea, a loss of appetite, a dry mouth, and a loss of appetite. If you start to have any of the above problems, you should immediately contact your doctor.

When you contact your doctor, you should let him know if you are taking any other medications, and any histories of illness or diseases your family may have.

Although anyone can take calcium supplements, there are rare cases in which they may cause you side effects. Side effects are very rare, although they happen and may prevent certain individuals from taking these supplements.

If you've been having problems with your bones or just looking to keep your bones healthy, calcium supplements are what you need. You can find them online, or through local nutrition stores such as GNC.

They don't cost a lot of money, yet they will give you the peace of mind in knowing that your bones will remain strong and healthy. You can include them in your daily diet as well - although you should check with your doctor first to make sure that they won't cause you any problems.



## Chapter 6: What Are Vitamin Supplements?

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**Everybody needs vitamins for the body to function properly and to stay healthy, among other things.**

The foods that we eat are the most common sources of the vitamins that our body absorbs.

Each food contains a particular vitamin and the amount of vitamins we get depends on how much we eat of that particular food. But more often than not, the vitamins that they provide simply aren't enough. That is why we need to take in vitamin supplements.

As its name suggests, a vitamin supplement adds the necessary vitamins to a person's diet for the normal function of the body.

More so, these supplements are needed by people who are deficient in a particular vitamin because of a kind of diet that they are taking (as in the case of vegetarians) or their present condition (such as in pregnant women).



Some of the most common vitamins found in supplements are vitamins A, B1, B2, B3, B6 and C, among others. These vitamins are sold in a variety of forms such as capsules, tablets or gels.

It is said that each form has its set of advantages over the others in terms of effectiveness in delivering the vitamins to the body.

All in all, vitamin supplements can help us become stronger and live healthier lives by providing us with the essential vitamins that we may not be getting from the foods that we eat.

Just a tablet per day can produce great results on our bodies if we take them.

### **Forms Of Vitamin Supplements**

Although the tablet is the most popular form of vitamin supplement, there are also other forms that are available in the market. Most, if not all, of these other forms claim to be more effective than others in delivering the vitamins to the body.

*Let us take a closer look at each of them and find out how effective they really are:*

**Tablet** - As mentioned earlier, this is the most ubiquitous form of vitamin supplements. And because it is readily available, a lot of people prefer to buy their supplements in this form.

Others however, do not like this option because the body tends to have difficulty in absorbing this.

Thus, a lot of it goes to waste along with the urine which is sometimes jokingly referred to as expensive urine.

**Capsule** - Is very similar to the tablet. The only difference between them is their size since capsules are much smaller than tablets.

Because of it, some people prefer to take their supplements in capsule form.

**Softgel** - This is much like the tablet although it comes in a softer shell. People prefer it to the tablet because the body easily absorbs it.

**Liquid** - Compared to the three mentioned above, this is considered as the form that is best absorbed by the body.

While only around 40-50% of the tablets and capsules are actually absorbed, liquids claim 90% absorption.

## Different Supplements For Different Needs

When you go to your local health and drug store, you will notice that there are a lot of different vitamin supplements on their shelves.

You might wonder what each of them does so here are some helpful information to give you a low down on the most common vitamin supplements in the market.

### Multivitamins

This is arguably the most common form of vitamin supplement in the market.

One tablet gives you the essential vitamins and minerals from - you know what follows next... A to Zinc.

## **Vitamin B Complex**

Is a combination of several B vitamins (B1, B2, B3, B5, B6, B7 and B12) and is sometimes combined with other vitamins. Its benefits include healthy hair, skin and bones, as well as the reduction of stress.

## **Vitamin C**

Also known as ascorbic acid, this is usually taken to boost a person's immune system. And while it can't prevent colds as others believe, this vitamin helps in reducing its symptoms.

## **Vitamin E**

This vitamin is popular among people who want to reverse or at least slow down the aging process. But more than that, vitamin E has a host of other benefits such as boosting the immune system, reducing the risk of prostate cancer and easing menstrual cramps in women.

So there you go the most common vitamin supplements in the market. We hope that you find the information useful and that you can apply them the next time you visit your favorite health and drug store.

# Chapter 7: Common Contents Of Vitamin Supplements

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**Anyone who takes vitamin supplements and looks at its bottles or boxes is familiar with the vitamins that are contained in each tablet.**

But what do those vitamins really do? Do you really need to take them? Below is a list of the most common vitamins found in supplements as well as a description of what they do.

## **Vitamin A**

Commonly found in leafy vegetables and in other products like carrots, broccoli, papaya, eggs and liver, this vitamin helps keep the eyes healthy. A deficiency of this vitamin can cause permanent loss of eyesight.

## **Vitamin B1**

Thiamine is the other name for this vitamin. It keeps the heart and the digestive and nervous systems functioning normally. Aside from that, thiamine is also important in a person's physical growth and development. Good sources of this vitamin include beef, pork, nuts and legumes, among other foods.

## **Vitamin B2**

Otherwise known as riboflavin, this vitamin is important in metabolizing energy as well as fats, carbohydrates and proteins. Common sources of this vitamin include milk, cheese and leafy vegetables. A deficiency of this vitamin is signaled by cracked lips, mouth ulcers and sore throat, among other symptoms.

## **Vitamin C**

Also known as ascorbic acid, this vitamin has a lot of benefits attributed to it. Some of them include boosting the immune system and minimizing the symptoms of illnesses. It is also a well-known antioxidant. Lack of this vitamin can cause scurvy that leads to loss of teeth and eventually, death.

## **Natural Vs. Synthetic Vitamin Supplements**

A lot of people today are going crazy over natural products. They say that they are safer and more effective than those formulated in laboratories.

The same debate goes on in the world of vitamin supplements. On one side are the proponents of natural supplements while on the other are the ones for the synthetic variety.

But is there really a difference between the two? Yes and no. Why? Below are the answers.

The most obvious difference between the two is that one is taken from a natural source while the other is formulated in laboratories.

While advocates of natural products claim that theirs is better because natural products are purer, there is no definitive study that they can refer to to prove their claim.

Then there is the price difference. It is no longer news that the so-called natural products are more expensive than their synthetic counterparts.

While the price difference can be justified by the means they are prepared, unless proof is given that one is more effective than the other then there's no cause for a debate.

But then again, the debate over which is better may never be over since a person will always prefer one thing over the other.

But regardless of the source and the means of producing these supplements, what really is important is the actual amount of vitamins present there.

Some natural ones have additional ingredients which lessen its intended effect while there are synthetic ones that are overstuffed with a lot of vitamins which in effect lessens their effectiveness.

## **The Benefits Of Vitamin Supplements**

We are often advised to eat healthy so that we can be free from illnesses and be able to do the things that we like to do. However, it simply isn't enough to keep us at the peak of our performance day in and day out.

We need vitamin supplements to provide us with that extra boost in performing our daily tasks and in keeping our body functioning properly.

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Vitamin supplements supply us with the essential vitamins that our body needs. Aside from that, it compensates for whatever vitamins we may not be getting from the food that we do and do not eat.

But by taking a closer look at the vitamins found in a typical supplement, we will see the particular benefits that each vitamin brings to our body. For one, there is vitamin C.

It is usually the one with the highest dosage in a supplement. While this particular vitamin is known for boosting our immune system, it can also minimize the symptoms that come with illnesses such as colds.

Meanwhile, a healthy dose of vitamin A from the supplement helps keep the eyes healthy. Any deficiency of this vitamin can cause blindness thus its importance in the formulation of the supplement.

In sum, a closer look at the vitamins found in supplements and knowing what their benefits are helps us appreciate more their importance to our daily lives.

Coupled with exercise and proper diet, we will live healthier lives with the aid of vitamin supplements.

## Chapter 8: Good Food Health Vitamin Intake

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**It is essential that a person is aware of what constitutes good food health vitamin intake.**

The federal drug administration produces a recommended daily allowance for the majority of vitamins which it regards as a good food health vitamin intake.

These figures vary according to a person's age, sex and some other factors so that the good food health vitamin intake for a young woman is going to be different to that of a man in his seventies.

The food health vitamin intake amounts of certain foods are included in the nutritional labelling. This labelling is important for a person to consider and helps ensure that they are receiving the correct food health vitamin intake from the foods that they eat.



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The nutritional information is often represented as a percentage of the recommended daily allowance of each vitamin and mineral and can help assess the value of the foods in the quest for good food health vitamin intake.

There are also a number of items that a person may want to restrict in their diet as part of their good food health vitamin intake. Again, the nutritional labelling of certain foods can help a person to see how high a product is in these undesirable contents.

Salt and fat, for example, may be items that a person wants to consider limiting as part of their good food health vitamin intake even though they are not strictly vitamins.

The majority of people actually refer to nutrients when they use the word vitamin and food manufacturers are aware that a person is looking at minerals and other items when they are considering their good food health vitamin intake.

Fiber is another element that many people are more aware of as forming an essential part of a balanced diet and is necessary for good food health vitamin intake.

If a person is on a restricted diet for any reason then they need to pay even more attention to their good food health vitamin intake.

Obviously, some foods contain different nutrients to others and this is applicable to vitamins as well and it may be more difficult for a person to achieve their good food health vitamin intake if they are unable to eat certain foods.

Vitamin supplements can form an essential part of a good food health vitamin intake for people who are unable to obtain their vitamins from their normal diet.

It is also worth remembering that the good food health vitamin intake for a person varies throughout their life depending on their general health.

## **Greatest Vitamin Sources**

There is a lot of debate as to what the greatest vitamin actually is. Each vitamin has its own essential functions that contribute to a person's general health and well-being.

It is impossible to actually state that one of these is the greatest vitamin. However there are a number of foods that provide the greatest vitamin quantities.

The greatest vitamin sources vary for each vitamin. It is important to have a balanced diet to ensure that the required amounts of each vitamin are obtained.

However, it may be useful to list the greatest vitamin sources for each vitamin to be used as a guide.

- Greatest vitamin A sources are milk, eggs, butter, yellow fruits & vegetables, dark green fruits & vegetables, liver.
- Greatest vitamin B1 sources are brewer's yeast, whole grains, blackstrap molasses, brown rice, organ meats, egg yolk.
- Greatest vitamin B2 sources are brewer's yeast, whole grains, legumes, nuts, organ meats, blackstrap molasses.
- Greatest vitamin B3 sources are lean meats, poultry & fish, brewer's yeast, peanuts, milk, rice bran, potatoes.
- Greatest vitamin B4 sources are egg yolks, organ meats, brewer's yeast, wheat germ, soybeans, fish, legumes.
- Greatest vitamin B5 sources are organ meats, egg yolks, legumes, whole grains, wheat germ, salmon, brewer's yeast.
- Greatest vitamin B6 sources are meats, whole grains, organ meats brewer's yeast, blackstrap molasses, wheat germ.

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- Greatest vitamin B7 sources are egg yolks, liver, unpolished rice, brewer's yeast, sardines, legumes, whole grains.
- Greatest vitamin B8 sources are whole grains, citrus fruits, molasses, meat, milk, nuts, vegetables, brewer's yeast.
- Greatest vitamin B9 sources are dark-green leafy vegetables, organ meats, root vegetables, oysters, salmon, milk.
- Greatest vitamin B12 sources are organ meats, fish, pork, eggs, cheese, milk, lamb, bananas, kelp, peanuts.
- Greatest vitamin B13 sources are root vegetables, liquid whey.
- Greatest vitamin B15 sources are brewer's yeast, rare steaks, brown rice, sunflower, pumpkin & sesame seeds.
- Greatest vitamin B17 sources are whole kernels of apricots, apples, cherries, peaches, plums.
- Greatest vitamin C sources are citrus, cabbage family, chilli peppers, berries, melons, asparagus, rose hips.
- Greatest vitamin D sources are salmon, sardines, herring, milk, egg yolk, organ meats, sprouted seeds, sunflower seeds.
- Greatest vitamin E sources are cold-pressed oils, eggs, wheat germ, organ meats, molasses, sweet potatoes, nuts.
- Greatest vitamin F sources are vegetable oils, butter, sunflower seeds.
- Greatest vitamin K sources are green leafy vegetables, egg yolks, safflower oil, blackstrap molasses, cauliflower.
- Greatest vitamin Q sources are pinto beans, legumes, soybeans.

- Greatest vitamin T sources are sesame seeds, raw seeds, butter, egg yolk.
- Greatest vitamin V sources are raw cabbage, sauerkraut, leafy vegetables.

## Mineral Vitamin Supplements

The majority of mineral vitamin supplements are made from chemicals rather than natural substances. However, there is a steady growth in the demand for natural mineral vitamin supplements.

This is due to the amount of debate that there is as to whether chemical mineral vitamins can be more harmful than beneficial in the long term.

The fact is that chemical mineral vitamin supplements are not as easily absorbed as normal food particles are. The mineral vitamin industry is constantly striving to create products that are more easily processed by the body and therefore more beneficial.

Every now and then the industry comes up with a new 'more bio-available' form of a vitamin or mineral. To overcome this, a large number of mineral vitamins have been developed that combine other elements with the vitamins and minerals to enable them to be more easily absorbed by the body. Iron is commonly combined to form iron gluconate which enable the mineral vitamin supplement to be more absorbable.

The amount of a nutrient in a mineral vitamin supplement needs to be far greater than it would be in a more natural form for the body to be able to absorb the amount that is required.

This can obviously lead to problem where a toxic level of the particular nutrient is being consumed by the large doses of the mineral vitamin supplement that are needed. It is therefore extremely important that a

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person does not simply take vast quantities of all of the mineral vitamin supplements that are advertised on television and should seek advice from a health professional.

It is also worth being aware of the developments in the mineral vitamin supplement industry as there are constantly new and better combinations being developed.

One method that mineral vitamin manufacturers have developed to help aid absorption is through culturing the raw materials with yeast cells.

This form of mineral vitamins are known as 'food state' and are up to four times easier for the body to absorb the required nutrients as the yeast is completely digested.

Of course, the need for mineral vitamin supplements depends on the diet that a person has. There is no doubt that it is far more preferable for a person to obtain the nutrients that they require from their food rather than by taking mineral vitamin supplements wherever possible.

During certain periods it may be necessary for a person to take mineral vitamin supplements on a temporary basis but their long term use is not recommended for a number of the supplements that are available.

# Conclusion

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**It is a well-known fact that vitamin supplements have numerous benefits to our body especially when we take them regularly.**

Not only do they keep the body functioning properly, they also keep us healthy so that we don't get sick easily.

However, they can have adverse effects too if we take them incorrectly. Below are some tips to keep us safe when taking supplements.

## **Only Take As Indicated**

Before taking vitamin supplements, we have to look at the instructions on the box first. It is where information on things like dosage are indicated.

If we do otherwise, we may not be able to maximize the supplement's effect, or worse, get overdosed.

### **Seek Your Doctor's Advice**

Before taking a supplement, it would be good to seek your doctor's advice. This is especially the case if you are taking other forms of medication.

Your doctor can warn you if there is a risk of adverse effects if you take them with the supplement. The same goes if you have special needs for a particular vitamin.

The doctor may advise higher doses of it depending on his/her diagnosis.

### **Make Sure It's Genuine**

Although there are a good number of reliable supplements, there are still some that are fake, ineffective or both. Be wary of them because they may cause you more harm than good.

In sum, vitamin supplements can be harmful to you if you take them incorrectly. So be informed and make sure that the one you are taking is safe.

