

YOU MIGHT NEED TO SUPPLEMENT IF:

It sure would be convenient if a vitamin supplement could take the place of real food, but unfortunately, that is not how we are designed. We are designed to eat real food, mostly vegetables [and some fruit] throughout the day. Supplements are to **fill in the gaps**, and sadly, many of us have gaps.

You might need to supplement if...

- You eat food grown in de-mineralized soil. [unless you eat local and organic this applies.]
- You are sedentary.
- You smoke.
- You drink more than 1-2 glasses of alcohol per day
- You are pregnant or nursing.
- You are over 50
- You have a medical condition
- You are taking prescription medications
- You are not eating a healthy diet.
- You are under-stress
- You are eating processed foods
- You are eating in fast food restaurants

RECOMMENDED READING: The Harvard Medical School Guide to Healthy Eating - Eat, Drink and Be Healthy by Dr. Walter Willett MD.

BUT CHOOSE CAREFULLY. THE FOLLOWING IS ESSENTIAL:

QUALITY: To make sure what is on the label is in the bottle. Your supplement should be USP and NSF certified. These nonprofit organizations certify that the vitamins are contaminant free and made according to good manufacturing practices.

DISSOLVABILITY AND ABSORBABILITY: The absorption of some vitamins is based on and improved by other nutrients. Calcium absorption, for instance, is increased by the presence of vitamin D. Zinc and vitamin C are known to decrease the absorption and retention of copper in the body. A high intake of calcium may decrease magnesium absorption. Most high-quality multivitamin will have nutrients that balance each other for proper absorption.

Before nutrients from a supplement can be absorbed, the supplement must be dissolved in the gut. A way to avoid this issue is to seek supplements in controlled isotonic form.