

A close-up photograph of a person's hand holding a small cluster of various pills. The pills are in shades of red, green, yellow, and blue. The background is a soft-focus image of a person's face and neck, wearing a pink top. A purple rectangular frame is overlaid on the image, containing the title text.

10 ESSENTIAL DIETARY SUPPLEMENTS

TABLE OF CONTENTS

What Are Dietary Supplements?

03

Why Use Natural Supplements?

04

Common Supplements &
Who Should Use Them?

05

Shopping For Supplements

16

03 What Are Dietary Supplements?



DIETARY SUPPLEMENTS INCLUDE A WIDE RANGE OF PRODUCTS. SOME NATURAL AND SOME MAN-MADE.

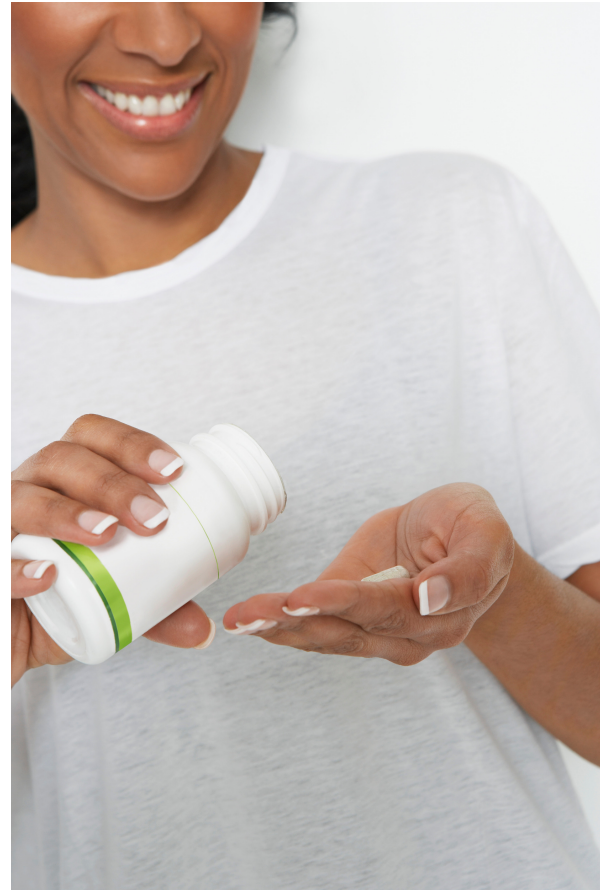
A dietary supplement is a product that contains one or more dietary ingredients including vitamins, herbs, enzymes, minerals, amino acids, botanicals or other ingredients. Dietary supplements are intended to be taken orally in the form of tablet, capsule, gelcap, powder, soft gel, energy bars or liquid and are meant to provide missing nutrients that are vital to our health and proper functioning of our bodies.

04 Why Would Anyone Need To Use Natural Supplements?



DIETARY SUPPLEMENTS ARE A NATURAL WAY OF BOOSTING YOUR IMMUNE SYSTEM.

Taking dietary supplements can be considered preventative care and an effective way of keeping yourself healthy. Medications, poorly planned diets, sedentary lifestyles, lack of sunlight, and processed foods can lead to a depletion of essential nutrients so supplements are a way to restore balance in the body. Certain supplements aid in preventing some health issues while others can help with energy levels.



Common Supplements & Who Should Use Them? 05

1. VITAMIN D

Vitamin D is known as the “sunshine vitamin”. It is a fat-soluble vitamin that is naturally present in very few foods, added to others and available as a dietary supplement. It is also produced when ultraviolet rays from sunlight strike the skin and trigger vitamin D synthesis. Vitamin D promotes calcium absorption in the gut and it is also needed for bone growth and prevention of osteoporosis. Without sufficient vitamin D, bones can become thin, brittle or misshapen. Vitamin D also assists with cell growth, neuromuscular and immune function and reduction of inflammation.

Adults need 600 units (IU) of vitamin D each day, if you're over the age of 70 then that number increases to 800 IU. Many people only get about 288 IU daily when relying on diet alone, which is why supplements are a good choice.

Studies have shown that vitamin D is most helpful for older people, people with darker skin, people who are obese and people who don't get enough sun exposure.



06 Common Supplements & Who Should Use Them?... cont.

2. COENZYME Q10

Conenzyme Q10 is an antioxidant that our bodies produce naturally, especially in the heart, liver, kidney and pancreas. Our body's cells use CoQ10 for growth, maintenance, and protection from damage. As we age, our levels of CoQ10 decrease and people with certain conditions like heart disease and hypertension have been found to have lower levels as well. CoQ10 can be found in meat, fish and whole grains, but the amounts provided by these foods aren't nearly enough to make a significant impact on the body for those with a deficiency, and that's where dietary supplements come in.

CoQ10 is sometimes used as a preventative treatment for migraine headaches and also as a way to increase energy levels and sports performance, although improvement is slow and may take months in both cases.

There's not an established ideal dose of COQ10, although a typical daily dose ranges from 100 to 200 milligrams.



Common Supplements & Who Should Use Them?...

07

cont.

3. OMEGA-3S AND FISH OILS

Omega-3s are essential fatty acids used as a source of Vitamin A and Vitamin D. This supplement is used to treat high cholesterol and high triglyceride levels, high blood pressure, heart disease, kidney disease in people with diabetes, rheumatoid arthritis, osteoarthritis, systemic lupus erythematosus, glaucoma, macular degeneration, and depression. It can also be used topically to promote the healing of rashes, wounds and burns.

There are actually 11 different types of Omega-3s, ALA (found in plants), EPA, and DHA (both found in fatty fish) being most important.

The recommended daily dosage for Omega-3s depends on several factors, including age and health. The best way to enjoy the benefits of Omega-3s is by eating fatty fish at least twice a week. Although there is no official standard for how much adults should get each day, most health organizations recommend a minimum of 250-500 milligrams each day for healthy adults and higher amounts for those with certain health conditions.



08 Common Supplements & Who Should Use Them?... cont.

4. FOLIC ACID

Folic Acid and folate are forms of a water-soluble B vitamin. Folic acid is the synthetic form of folate, which occurs naturally in food. Folate and Folic Acid are needed for proper development of the human body as it is involved in producing DNA and other bodily functions. Folic acid has been added to breads, flour, pasta, cold cereal, and baked goods for over a decade while folate naturally exists in certain foods like spinach, lettuce, broccoli, okra, asparagus, bananas, lemons, melons, mushrooms, beans, orange juice and meats.

Folic Acid is used for preventing and treating low blood levels of folate and also for the treatment of anemia. Other conditions associated with folate deficiency include kidney dialysis, ulcerative colitis, liver disease, and alcoholism. Pregnant women or women who may become pregnant may opt to take this supplement to help prevent birth defects or miscarriage.

For adults, the typical dosage ranges from 250 micrograms to 1 milligram per day. For pregnant women the recommended intake is 400 micrograms of folic acid each day, either from supplements or whole foods.



Common Supplements & Who Should Use Them?...

cont.

09

5. SELENIUM

Selenium is a mineral that's naturally found in water, soil, and many foods like eggs, fish, meat, brazil nuts, sunflower seeds, cottage cheese, brown rice, and many more. It plays a major role in metabolism and has antioxidant properties, protecting the body's cells from harm.

Although you can get selenium through such a long list of foods, a doctor may recommend the supplement form be taken for patients with diseases of the heart and blood vessels, complications with certain drugs, abnormal cholesterol levels, and gestational hypertension. Other reasons a person may take this supplement include under-active thyroid, thyroid inflammation, osteoarthritis and rheumatoid arthritis, macular degeneration, cataracts, abnormal pap smears, chronic fatigue syndrome and many more.

Taking too much selenium can cause bad breath, liver and heart problems. It is recommended that daily intake does not exceed 400 micrograms daily.



10 Common Supplements & Who Should Use Them?... cont.

6. VITAMIN E

Vitamin E is a fat-soluble vitamin that can be found in many foods including meats, eggs, fruits, vegetables and vegetable oils. It is an important vitamin required for the proper function of organs and it helps to slow down any processes that may damage cells.

Vitamin E is used for treating rare cases of Vitamin E deficiency but also used for treating and preventing diseases of the heart and blood vessels (including hardening of arteries, heart attack and chest pain). Other reasons for using Vitamin E include improving physical endurance, increasing energy, improving muscle strength and reducing muscle damage after exercise. Vitamin E is also used topically to assist with skin elasticity and firmness, and to protect against the skin effects of chemicals.

It is recommended that Vitamin E is obtained by eating a well-balanced diet rather than taking supplements, but in the event that supplements may need to be incorporated the recommended doses can range anywhere between 60 IU and 2,000 IU daily.



Common Supplements & Who Should Use Them?...

cont.

11

7. ECHINACEA

Echinacea is an herb that has been used for its healing properties for a very long time, but lost popularity in the late 20th century with the discovery of antibiotics. It is widely used to fight infections, including the common cold and the flu, and can be taken before or while experiencing symptoms of infection. It's also used for urinary tract infections, ear infections, and throat infections. Echinacea can be found in tablet form, tea and even juices. There's no evidence that Echinacea prevents these infections, but that it can help to reduce the symptoms.

Echinacea seems to activate chemicals in the body that work to decrease inflammation and it stimulates the body's immune system.

It is recommended that 5 milliliters of Echinacea be taken twice daily for ten days for people experiencing symptoms of infection.



12 Common Supplements & Who Should Use Them?... cont.

8. CALCIUM

Calcium is an essential mineral found throughout the body. Our bones and teeth contain over 99% of the calcium in the body. The heart, nerves and blood-clotting systems also need calcium to work. It is often taken for treatment and prevention of low calcium levels that typically results in bone conditions like osteoporosis and osteomalacia. Although calcium can be taken in supplement forms, it can be found in foods like milk, sardines, almonds, sesame seeds and dark leafy greens like spinach, kale and collard greens.

Calcium can slow bone loss in women after menopause and older men. It can reduce the risk of breaking bones and can also decrease the symptoms of premenstrual syndrome like bloating and pain.

Depending on the reason for needing calcium supplements, a recommended dose can range anywhere between 0.5 grams to 4 grams daily.



Common Supplements & Who Should Use Them?...

cont.

13

9. VITAMIN C

Vitamin C is a vitamin that is required for the proper development and function of many body parts, it plays an integral part in maintaining proper immune function. Although some animals can produce Vitamin C on their own, humans must get from food or supplement as we don't produce it on our own. Most experts recommend that Vitamin C be ingested through foods rather than supplements. Good sources of Vitamin C include fresh fruits and juices, especially citrus fruits, and vegetables.

Vitamin C is often used for preventing the common cold, but people have found other uses for it including age-related vision loss, decreasing protein in urine for people with diabetes, gout, anemia, and high blood pressure in conjunction with medicine.

The general recommended daily allowance for vitamin C is 90 milligrams for men and 75 milligrams for women. This, of course, varies depending on age, health and lifestyle.



14 Common Supplements & Who Should Use Them?... cont.

10. ZINC

Zinc is a mineral, referred to as an “essential trace element” because very small amounts are necessary for human health. The human body doesn’t naturally store zinc so it must be consumed regularly as part of the diet. Zinc can be found naturally in meats, fish, legumes, seeds, nuts, whole grains, eggs and dairy. A deficiency of zinc can lead to short stature, inability to taste food and the inability of reproductive organs to function properly. Zinc may also be used for boosting the immune system, treating diarrhea, food poisoning, and a number of other issues.

Zinc is not a supplement that should be incorporated into a daily routine, however for the general recommended dietary allowance can range anywhere between 2 mg to 34 mg daily.



Common Supplements & Who Should Use Them?...

cont.

15

11. MULTIVITAMIN

A multivitamin contains a combination of vitamins, minerals and even other ingredients. Multivitamins are a popular choice for people who may not have any specific deficiencies but want to ensure that they are receiving a sufficient amount of each vitamin and mineral daily for health promotion and prevention of disease or infection.

There are many types of multivitamins on the market and manufacturers are allowed to choose which vitamins and minerals are included in their product and the amounts of each to include as well.



16 Shopping For Supplements

Where can I find dietary supplements?

Supplements can be purchased at a number of retailers including pharmacies, grocery stores, health food stores, mail order catalogs, and websites.

What should I look out for when shopping for supplements?

When purchasing dietary supplements, it's important to **avoid for certain ingredients** as they are synthetically produced chemicals that are toxic and can cause more harm than good with daily intake.

MAGNESIUM STEARATE OR STEARIC ACID

MONOSODIUM GLUTAMATE (MSG) DISGUISED AS "NATURAL FLAVORS"

CARNAUBA WAX WHICH IS USED IN CARE WAX AND SHOE POLISH

TITANIUM DIOXIDE WHICH IS A CARCINOGEN

It is also important to check the quality of the products that you are buying as there are products on the market that are mislabeled, or may use less than 10% of the nutrient you're looking for.

Please consult a physician before adding any supplements to your daily routine.

