

Empowering Health

Quick Supplement Tips

If a claim sounds “too good to be true”, it probably is. Avoid “over-hyped” or “cure all” products. *Nutritional enhancement (or healing) takes time. All supplements are enhanced through a solid foundation of healthy nutrition, emotional stability, and regular exercise. Given time, they synergistically can help improve a health situation.*

Look for supplements where the source is listed next to the vitamin or mineral.

When the source is listed next to the vitamin or mineral, it is easier to determine quality and it is also easier to see how many additives are included. If the list of inactive ingredients is too long or too hard to pronounce, there are too many additives.

The phrase, “you get what you pay for” applies to supplements. Inexpensive supplements are sourced from cheap raw materials and are very synthetic.

Cheaper supplements not only use cheap raw materials, they use cheap excipients (what binds the ingredients together). Because of cheap excipients, most of the nutrients are released in the stomach and therefore destroyed by stomach acids. Ninety percent of these cheap supplements can end up wasted in the toilet.

Look for products that are substantiated by scientific research (not just testimonials).

Look for the manufacturer’s telephone number or website so you can verify their research and quality control measures.

Look for products that suggest taking it two or three times per day (versus one time per day). *For 24 hour antioxidant protection against chronic disease, supplements should be taken at least two times per day (with meals).*



Don’t be fooled by “natural” products.

Even if a bottle says “natural”, according to the government, only 5% of the contents have to be natural. Look for the sources of the vitamins and minerals to determine quality.

Look for companies that manufacture their own supplements. *Only 9% of companies produce their own supplements. The rest are manufactured by another company and private labeled.*



*Supplementation:
bridging the
nutritional gap!*

Searching for a supplement can be very challenging and it is well worth it to do some research first. A good consumer always researches a car before purchasing, so we suggest you do the same with the supplements you ingest. High quality supplementation can enhance your health without any worries of “harming” or “overdosing”.

Choose capsules versus tablets. *Capsules break down easily and are formulated to bypass the acidity of the stomach for improved absorption. Capsules also offer you the option of opening them up and adding the powder or liquid to food for those who have trouble swallowing pills.*

The risk of dietary deficiencies is far greater than the risk of overdosing on vitamin and mineral supplements.

Empowering Health Supplement Spy

Because most Americans do not come close to the 40+ nutrients we need each day, taking a multivitamin can help bridge the nutritional gap. However, with the sea of supplements out there, determining the quality of a supplement is very challenging.

Some tips to look for on a supplement label:

Avoid products that say “hydrogenated” or “partially hydrogenated” in the list of ingredients.

*Hydrogenation is the process of converting a neutral, heart-healthy unsaturated fat to an unhealthy saturated fat. The end result is a trans fat, which is found in most processed foods (crackers, cookies, baked goods, salad dressings, and even supplements). Trans fats raise your “bad” LDL cholesterol and lower your “good” HDL cholesterol. They may increase the shelf life of a product, but most likely not **your** shelf life!*

Check the vitamin A source. A higher beta-carotene source is preferred over palmitate. *Long term intake of higher levels of vitamin A (not sourced from beta-carotene) may increase the risk of osteoporosis in adults and too much may become toxic and get stored in fatty tissue and in the liver. Beta-carotene only converts what the body needs to vitamin A and is non toxic.*

Check the vitamin E source. Make sure the vitamin E source is d-tocopheryl and other mixed tocopheryls versus the synthetic dl-tocopheryl form. *The natural source is two times as potent when compared to the synthetic (chemical source) form.*

Check the calcium source. Calcium citrate and calcium lactate are better, more absorbable calcium forms versus the cheaper, calcium carbonate source. *Calcium carbonate (a harder chelating agent) is extremely hard for your body to assimilate.*

Avoid poorly absorbed, inorganic minerals such as those ending in carbonate, oxide, sulfate, chloride, hydroxide, iodide, phosphate, selenate, selenite, and colloids. *For example, magnesium oxide is commonly used in lower quality supplements as the magnesium source. Magnesium **chelate** was shown to be four times more absorbable than magnesium oxide. Chelated minerals are fully reacted minerals that are surrounded by a specific amino acid to improve absorption rates.*

Avoid supplements that contain artificial food colorings (as listed in the inactive ingredients, such as Yellow #5 or #6, Red #40, Blue# 2...). *Artificial colorings are unnecessary, possibly harmful, and have to be neutralized by the liver before they can be excreted.*

Avoid supplements that contain unnecessary and possibly harmful additives like starch (listed as starch, corn starch, modified food starch), **sugar** (listed as glucose, fructose, dextrose, sucrose), **wheat, and dairy products** (lactose monohydrate – milk). *According to The Food Additives Book, modified food starch needs “further long term studies...to resolve questions of possible hazard.”*

Avoid supplements that contain preservatives, lubricants, emulsifiers, or coatings that are on the “Extremely Hazardous Substances” list (as defined by Section 302 of the U.S. Emergency Planning and Community Right-to-Know Act). *Some additives are necessary for supplements to dissolve and be preserved for a reasonable amount of time, but cheaper manufacturers use too many fillers and potentially dangerous chemicals. For example, avoid products that contain sodium selenate, BHT, sodium benzoate, and sodium borate in the ingredients list.*

Choose supplement companies that follow Good Manufacturing Practices (GMPs) and/or have other independent testing done on their products including:

- USP (United States Pharmacopeia)
- Consumerlab.com
- Supplementwatch.com

These agencies provide **further** information, but can not guarantee quality as they do not routinely test all products. It is up to the individual manufacturer to set quality standards.



We have personally researched the supplement companies we carry at EH and know they fit the high standards we insist upon. Quality supplements enhance your nutritional status leading to optimal health.

Examples:

Centrum (\$15.87 for 250 tablets)

- Tablet versus capsule
- Vitamin A only 29% as beta carotene
- Nickel and tin?
- Magnesium source – magnesium oxide
- Calcium source – calcium carbonate
- Vitamin E source – dl-alpha tocopheryl
- Contains starch
- Contains yellow #6
- Contains many additives including many sodium sources (three potentially dangerous) and BHT (also dangerous)
- Contains sucrose
- Zinc source – zinc oxide
- Contains lactose monohydrate (milk)
- Contains yellow #6

One A Day (\$12.86 for 200 tablets)

- Tablet versus capsule (feel the heaviness)
- Vitamin A – only 20% as beta carotene
- Calcium source – calcium carbonate
- Magnesium source – magnesium oxide
- Contains corn starch
- Vitamin E source – dl-alpha tocopheryl
- Zinc source – zinc oxide
- Contains dextrose and glucose
- Contains Blue #2
- Contains Yellow #5 or #6
- Contains many additives including sodium selenate (on extremely hazardous list)
- Contains fish (cod, pollock, haddock, hake, cusk, redfish) and soy

Clinical Nutrients for 50-Plus Men (\$28.50 for 120 tablets)

- Tablet versus capsule
- Calcium source – calcium carbonate followed by citrate
- Contains titanium dioxide (white food dye)

Viactiv Chews (calcium, vitamin D & K)

- First ingredient – corn syrup
- Second ingredient – calcium carbonate
- Third ingredient – sugar
- Contains partially hydrogenated soybean and cottonseed oil
- Contains artificial flavors
- Orange cream flavor contains yellow #6 and yellow #5 while strawberry flavor contains red #40