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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

5 Tips for Choosing the Best Dietary Supplements

By Kathy Browning

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Americans have become more health conscious over the past few years and are beginning to recognize the connection between good health and diet. Unfortunately, this knowledge hasn't translated into healthier eating habits.

The problem is people don't take the time to plan meals or do the necessary tasks to eating healthful. It has become way too easy to drive up to a window and grab a bag of food to eat in the car or at home. Even grocery stores are packed with fast food and there are entire aisles dedicated to frozen and processed meals in a bag or box. What kind of nutrition are you going to get out of a bag of orange dust and dehydrated potatoes? Not much.

By the time you eat it, it has been heated to extreme temperatures, processed, frozen, then heated up again. Then there are all those preservatives, additives and food colorings. There's not much there to fuel your body.

And, even if you ate the healthiest diet on the planet, you wouldn't get all the nutrients your body needs. Why? Because 90% of American soil is depleted of minerals. So, if you eat healthy, you need to supplement and if you don't eat healthy, you REALLY need to supplement.

The first thing to remember about adding supplements to your diet is that they are meant to augment, not replace, a healthy diet. Your body is one incredible machine and it serves you well, even when you treat it bad. But it can only take so much. You've got to help it by being nice to yourself.

The best source of vitamins and minerals comes from whole food sources. I know you've heard this before, but it bears repeating - eat more fresh fruits and vegetables. If you decide to add supplements, do your research. Understand what supplements you need and why. Educate yourself about the quality and effectiveness of the product.

Don't just add a generic, inexpensive daily vitamin to your morning routine and think you are going to experience optimum health. Most of those inexpensive, generic supplements aren't worth the few dollars you paid for them.

5 Tips for Choosing the Best Dietary Supplements

There are five key things you should look for when researching or shopping for dietary supplements.

-- Look for a product that has a gender-specific formula. Men and women have different needs. A good supplement will have different formulations to meet those needs.

-- Look for a supplement that has morning and evening formulations. Our bodies require different vitamins and minerals throughout the day, while others help us repair our bodies in the evening. Additionally, some nutrients counteract each other and shouldn't be taken at the same time.

-- Read the label to make sure the formulation has been independently tested and analyzed. Supplements should be tested for potency and potential toxicity and backed up with the best research

and science available. A good manufacturing source is a key element in ensuring quality.

-- Buy supplements in capsule form rather than tablets. Capsules don't include as much filler and the nutrients can be more efficiently absorbed into the body.

-- Finally, look for chelated minerals when reading a supplement's label. Chelation is a process that binds fatty acids or amino acids to a mineral, which aids absorption into the body.

I highly recommend X-tend Life Natural Products because they have addressed all of the above categories. Their product line is excellent and affordable, plus they provide a monthly newsletter and a loyalty program. You can learn more about X-tend Life at <http://www.xtend-life.com/default.asp?id=814336>.

Kathy Browning is a healing arts practitioner and wellness coach. She is also the Editor-In-Chief of "The Art of Living Well", an ezine focused on the mind, body, spirit connection and the author of "Feng Shui for Abundant Living". Be sure to visit <http://www.cancercomfort.com> for more information.

Dietary Supplement

By Rolf Rasmusson

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Dietary Supplement - why so important?

Dietary supplement is a term that is familiar to almost everyone now. The examples of dietary supplement products that are sold in the US market nowadays are supplements like bottled herbs, or vitamins and minerals in various doses. Many of these dietary supplements guarantee results like relieving pain, or energizing your body. You can purchase supplements that contain separate vitamins or minerals, or some kind of mix of vitamins and minerals.

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Dietary Supplement - what is it?

Dietary supplement term usually indicates products made of one or more of the fundamental nutrients, for example vitamins, minerals, and proteins. According to DSHEA (Dietary Supplement Health and Education Act), dietary supplement is, with some exceptions, any product intended for ingestion as a supplement to the diet. Examples are vitamins, minerals, herbs, botanicals, amino acids, metabolites, etc.

Dietary Supplement - the usage.

Many people nowadays use some type of dietary supplement. According to many health organizations, surveys show that more than half of the US adult population uses these products. In 1996 alone, consumers spent more than \$6.5 billion on dietary supplements, according to Packaged Facts Inc., a market research firm in New York City.

Dietary supplement or supplements can be found in many forms. The examples are tablets, soft gels, gel caps, capsules, powders, liquids, etc. A lot of dietary supplements do not require any prescription. You can purchase them in health food stores, grocery stores, drug stores, or through mail or Internet.

Dietary Supplement - be careful.

You always have to be careful when purchasing some type of dietary supplement. Read the label carefully, look at the ingredients. You should also consult with your doctor to check if some dietary supplement is right for you. Try a well designed diet before you turn to dietary supplements.

Additional interesting content at www.nutritional-supplement-4u.com



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