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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!

Be A Wise Shopper When It Comes To Discount Vitamins

By Freelance Writer

Discount vitamins are available everywhere now - internet, catalogs, even some retailers have

started carrying them. Finding the vitamins is not the problem however figuring out what supplements are needed, can be a real challenge. With thousands of supplements on the market today, how does a consumer know what's best for his or her specific needs?

A person's lifestyle plays a major role in what nutritional supplements are needed. For instance, red meat is an excellent source of iron. A vegetarian, who by definition does not eat meat, may need an iron supplement. Athletes require more protein in their diets than sedentary people; they may require a protein supplement in order to meet the recommended daily amount of protein. Others may want to up their intake of vitamin C, which helps boost the body's immune system during the cold season. Other lifestyle factors include the following:

* Folic acid for women in their childbearing years. Research has shown that it can help prevent spina bifida. * Iron for heavy menstruation or for vegetarians, as mentioned above. * Calcium for prevention and treatment of osteoporosis, or for lactose intolerance. * Vitamin B12 to treat pernicious anemia, for seniors, and for vegetarians. * Water-soluble vitamins for those in renal dialysis. * Vitamin D also helps prevent osteoporosis and rickets. Supplements may be needed by those who don't drink milk, avoid the sun, or live in cooler climates * Iodine helps maintain a healthy thyroid and can be found in fish and iodized salt. Supplements are recommended for those who cannot have salt and/or do not eat fish.

This list can go on and on and it's a pretty good bet that almost everyone will fall into multiple categories. It's quite obvious that a female vegan (someone who eats no animal products whatsoever, including dairy or eggs) athlete trying to conceive is going to have some dietary issues that can be readily solved by a supplement or two or three. But what supplements?

Discount vitamin websites can be an excellent resource for the information needed to determine what supplements are best for each individual customer. Most of these websites offer a plethora of articles and information pertaining to different conditions and situations. Here are some of the headlines one can find pertaining to supplemental benefits:

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* In Vitro Study Shows Promise for Hibiscus Extract * Lutein Eases Blocked Blood Flow to Eyes * Fighting Obesity - What Do I Put in My Child's Lunch? * Review of Omega 3 Studies Shows Heart Health Connection * Milk Thistle Compound Combats Lung Cancer in Mice * Acidophilus to Boost the Immune System

But suppose a person is looking for information on something specific, something related to his or her own health concerns. Suppose this person has led a relatively unhealthy lifestyle, but by doctor's orders, is looking to live a healthier lifestyle in order to prevent prostate cancer. This person ultimately wants to know the possible role of vitamins in preventing prostate cancer and, as a start, types "good health" into one of the more popular search engines. The results are varied. Of the top ten results, each one falls into one of the following categories:

* Governmental website for maintaining good health, one each for adults and children *

Recommended foods for maintaining good health * Good health based on balancing the mind, body, and soul * A regional healthcare network * Retail * Physicians group website catering to senior citizens

Of the top ten websites returned, only one had any information at all on the prevention of prostate cancer and it took four clicks into the site to find it; and it didn't mention anything about the use of vitamins as a preventive measure. Web searches need not be this tedious or time consuming without more viable results. To the search criteria, the subject adds "prostate cancer." The results are better:

* Facts about prostate cancer * Articles about prostate health (some of which do include information about herbs and vitamins) * Prostate cancer treatment options * Prostate cancer as it pertains to African Americans * Cancer statistics * Governmental press release about a senator's bout with prostate cancer

The results are getting closer, but if the search criteria is narrowed, just a little more, the odds of finding the right information increases tremendously as does the amount of information to be had. The final search will be for "good health" & "prostate cancer", prevention and discount vitamins. Jackpot! Without even having to dig down into any of the listed sites, a person can get a pretty good idea that vitamin E and selenium may play a role in the prevention of prostate cancer. Armed with this information, it's now possible to shop wisely for discount vitamins.

The information available on discount vitamins is not always specific to how supplements relate to overall and preventive health; it also can pertain to different trends going on in the health industry. Here are some examples of other headlines found relating to health and nutrition:

* NHA/Washington Update: Zero Hour is Here. Our supplements will soon be gone forever - unless you act now! Bill in Congress to ban supplements forever. [

<http://vitanelonline.com/forums/1/Thread/448>

] * Go Organic - What is it? How do you do it? Why is it

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so important now? Organic vitamins and foods. * The evolution of H2O - New generation of bottled water so-called functional waters! (FDA classifies bottled water according to its origin: Spring water, purified water, mineral water, sparkling bottled water, artesian water, well water, and value-added H2O water with vitamins added.)

Being an informed shopper when it comes to discount vitamins is not difficult, especially with a little experience in web searching. If the search results come back too vague or broad, it is always possible to narrow the criteria. While it may seem somewhat confusing at first, finding the right supplements for your lifestyle can be done with minimum effort. With over 15,000 products on the market today, everyone has the opportunity to follow the road to good health.

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who sells quality vitamins and herbs with a wide

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that are in stock and ready to ship. Please link

to this site when using article.

Discount Supplement

By Rolf Rasmusson

Discount Supplement by Rolf Rasmusson

Discount Supplement - what is it?

Discount supplement is a term that means products made of one or more of the fundamental nutrients, for example vitamins, minerals, and proteins and is priced below the average prices of supplements.

The examples of discount supplement products that are sold in the US market nowadays are supplements like bottled herbs, or vitamins and minerals in various doses. You can purchase supplements that contain separate vitamins or minerals, or some kind of mix of vitamins and minerals.

Discount Supplement - where to purchase.

Discount 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. Nowadays the best deals and discounts are probably offered through the Internet.

Discount Supplement – fake products.

When shopping for a discount supplement you need to be careful and on the lookout for fraudulent products. These are the types of supplements that claim to do something but they don't do that in

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reality. At minimum you would spend your money for nothing, but the fake product could also harm your health.

Look at the ingredients and make sure that cheap ingredients were not used. Consult with your doctor to make sure that the discount supplement is right for you. There is a good chance that if the supplement is cheap, it is probably a fake one. But on the other hand if manufacturers use new technologies for production they can offer quality supplements at the discount prices.

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



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