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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!

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.

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.

Dietary Supplement

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

Dietary Supplement Vitamin

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Dietary Supplement Vitamin – why is it important?

Dietary supplement vitamin or vitamins are very important to our health because if we do not intake enough vitamins necessary for our bodies, the dietary supplement vitamin will substitute for the shortage of the amount of vitamins in our system. Still, a good diet based on foods with high concentration of vitamins is always a better solution when supplements. But when a diet is not enough, dietary supplement vitamin could be the answer.

Dietary Supplement Vitamin - nutrient content claims.

Nutrient content claims for dietary supplement vitamin describe the level of some type of vitamin or vitamins in that supplement. For example, according to many health organizations, a dietary supplement vitamin with at least 12 milligrams per serving of vitamin C could have the following stated on its label "Excellent source of vitamin C."

Dietary Supplement Vitamin - structure function claims.

According to FDA, structure function claims for dietary supplement vitamin describe the vitamin supplement's effect on people's body structure or function. Structure function claims also refer to the dietary supplement's overall effect on a person's health. One of the examples of structure function claims is "Calcium builds strong bones."

Dietary Supplement Vitamin - examples of vitamins.

There are many vitamins that are available in a dietary supplement vitamin form. Examples include, but are not limited to vitamin A, vitamin D, and vitamin E. Vitamin A plays an important role in vision, bone growth, reproduction, cell division and cell differentiation. The major function of vitamin D is to maintain normal blood levels of calcium and phosphorus, helping to form and maintain strong bones. Vitamin E is a very powerful biological antioxidant, which plays a great role in preventing cell damage that may contribute to the development of cardiovascular disease and cancer.

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