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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!

Health Supplement

By Rolf Rasmusson

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Health Supplement - what is it?

So what is a health supplement? Health supplement is a term that means products made of one or more of the fundamental nutrients, for example vitamins or minerals and which is very beneficial for our health. It provides you with some specific (or a mix of) vitamins, minerals, herbs, botanicals, amino acids, metabolites, etc. Our health depends on the correct intake of these nutrients and if the diet doesn't work, some type of health supplement or supplements would be the answer.

Health Supplement - vitamins.

Many health supplements provide us with various vitamins. For example, vitamin A, vitamin D, and vitamin E. Vitamin A plays an important role in vision, bone growth, reproduction, and cell division and cell differentiation. Vitamin D maintains 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.

Health Supplement - minerals.

Health supplements also provide us with various minerals. Minerals play a number of roles, like helping your body to use the energy from foods. For example, iron supplement provides your body with iron, which is an important component of proteins involved in oxygen transport and metabolism. Calcium supplement provides us with calcium, which is critical for transmission of nerve impulses, regulation of the heartbeat, clotting of blood, and building and maintaining healthy bones.

Health supplement - be careful.

Before you start taking some type of health supplement, make sure that an appropriate diet is not enough to increase the intake of some minerals or vitamins. Consult with a doctor to see that using

supplements is right for you. Some supplements may have side effects.

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

Weight Lifting Supplement

By Rolf Rasmusson

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Weight Lifting Supplement - what is it?

The term "weight lifting supplement" is familiar to almost everyone nowadays. Weight lifting supplement is a supplement that is designed to help people who use it to achieve better results in their body building or weight lifting training programs. Currently there is a wide range of weight lifting supplement products available in the US market.

Weight Lifting Supplement - safety.

You need to be very careful when you are looking for weight lifting supplement products for your training. There are many fake products available on the market. There are also many very dangerous supplements that may harm your health. Always consult with your doctor and other health professionals before using any of the weight lifting supplement products. Don't just trust the labels' claims. There is not much scientific proof for many of them.

Weight Lifting Supplement - dangers.

Weight lifting supplement products could be very dangerous. For example, according to several health organizations' sources, a study of androstenedione, the steroid-like food supplement used legally by professional athletes, has found it may not build muscles and could create adverse health effects. The report said muscle strength did not differ in the men given the supplement, compared to others in the study who were given a placebo.

Weight Lifting Supplement – severe withdrawal syndrome.

Weight lifting supplement products could also be very addictive. For example, according to several health organizations' sources, a study provides the detailed report of a severe withdrawal syndrome related to gamma-butyrolactone (GBL), a supplement used by body builders. Researchers documented in a six-month period in 1999, five cases in which previously healthy young adults arrived at the emergency department with paranoid delusions, hallucinations, and deranged vital signs after discontinuing use of body-building products containing GBL.

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