

This Free E-Book is brought to you by Natural-Aging.com.

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

'THE CONSUMERS AWARENESS GUIDE TO SELECTING VITAMIN SUPPLEMENTS'

By Terry Pierce

'THE CONSUMERS AWARENESS GUIDE TO SELECTING VITAMIN SUPPLEMENTS' by Terry
Pierce

(5 sections of guide, to receive the full article please visit our website for your free copy)

'THE CONSUMERS AWARENESS GUIDE TO SELECTING VITAMIN SUPPLEMENTS'

Terry L.Pierce

THIS IS AN EDUCATIONAL SERVICE PROVIDED BY PIERCENUTRITION

1 866 469 0521 WWW.PIERCENUTRITION.USANA.COM

Hi my name is Terry L. Pierce and I am the owner of PierceNutrition and we are associated with Usana Health Sciences a company that has been manufacturing and distributing vitamin supplements since 1992. I have been taking vitamin supplements and exercising for 25 years and in those 25 years I have taken countless vitamins, minerals protein shakes, carbohydrate drinks, amino acids all the time wondering if these products were really helping me to become a healthier person. In my endless search for the right combination of supplements I feel I have finally found a formula for selecting the right combination of supplements and I now have the peace of mind of knowing that I am taking the right combination and highest quality of vitamin supplements so I felt compelled to write this consumer awareness guide to inform other people who are concerned with their health as well as their families health. This guide will help anyone who is interested in starting a supplement program or

'THE CONSUMERS AWARENESS GUIDE TO SELECTING VITAMIN SUPPLEMENTS'

if you are currently taking vitamins and unsure about the quality and potency of your supplements. There is information, suggestions and recommendations in this guide that will help you make an intelligent and informed decision on how to select the vitamin supplements that are right for you. Much of this guide talks about pollution in our environment although most Americans know about the pollution issues we face everyday I don't think that very many take it too seriously. The issues you will read in this guide will help you become aware of just how dangerous the hazards of pollution are and this guide will also tell you what you can do to protect yourself from these hazards The pollution we face has an adverse affect on our physical and mental health. My company PierceNutrition and Usana Health Sciences have teamed up to bring you this Consumers Awareness Guide to Selecting Vitamin Supplements. Please read the articles carefully to learn how you can protect you and your family and please be sure to contact me with any questions you might have.

THIS IS AN EDUCATIONAL SERVICE PROVIDED BY PIERCENUTRITION

SECTION THREE: WHAT EXACTLY ARE ANTIOXIDANTS AND HOW CAN THEY HELP ME?

To understand antioxidants and how they can help you, you must first understand the way they interact with free radicals and our cells and molecules. So here's a brief description but I feel it will help you understand why antioxidants are so important to us. The human body is made of many different types of cells and cells are composed of many different types of molecules. Molecules consist of one or more atoms of one or more elements by chemical bonds.

Atoms consist of a nucleus, neutron, protons and electrons. The number of protons (positively charged particles) in the atom's nucleus determines the number of electrons (negatively charged particles) surrounding the atom. The electrons are involved in the chemical reactions and the substance that bonds chemicals together to form molecules. Electrons surround or orbit an atom in one or more shells. The inner most shell is full when it contains two electrons. When the first shell is full, electrons begin to fill the second shell. When the second shell has eight electrons , it is full and so on. Please stay with me I'm getting to the point.

The most important structural feature of an atom for determining its chemical behavior is the number of

'THE CONSUMERS AWARENESS GUIDE TO SELECTING VITAMIN SUPPLEMENTS'

electrons in its outer shell. A substance that has a full outer shell tends not to enter in chemical reaction (an inert substance). Because atoms seek to reach a state of maximum stability, an atom will try to fill its outer shell by:

- Gaining or losing electrons to either fill or empty its outer shell
 - Sharing its electrons by bonding together with other atoms in order to complete its outer shell
- Atoms often complete their shells by sharing electrons with other atoms. By sharing electrons the atoms are bound together and satisfy the conditions of maximum stability for the molecule.

THIS IS AN EDUCATIONAL SERVICE PROVIDED BY PIERCENUTRITION
1 866 469 0521 WWW.PIERCENUTRITION.USANA.COM

HOW FREE RADICALS ARE FORMED:

Normally, bonds don't split in a way that leaves a molecule with an odd, unpaired electron but when weak bonds split, free radicals are formed. Free radicals are very unstable and react quickly with other

compounds, trying to capture the needed electron to gain stability. Generally, free radicals attack the nearest stable molecule, "stealing" its electron. When the attacked molecule loses its electron, it becomes a free radical itself, beginning a chain reaction. Once the process is started, it can cascade finally resulting in the disruption of a living cell.

Some free radicals arise naturally during metabolism. Sometimes the body's immune system's cell purposely creates them to neutralize viruses and bacteria. However environmental factors such as pollution, radiation, cigarette smoke and herbicides can also spawn free radicals.

Normally the body can handle free radicals, but if antioxidants are unavailable or if the free radical production becomes excessive, damage can occur. Of particular importance is that free radical damage accumulates with age.

HOW ANTIOXIDANTS MAY PREVENT AGAINST FREE RADICAL DAMAGE:

The vitamins C and E are thought to protect the body from free radicals. Antioxidants neutralize free radicals by donating one of their own electrons, ending the electron stealing reaction. The antioxidant nutrient themselves don't become free radicals by donating an electron because they are stable in either form they act as scavengers, helping to prevent cell and tissue damage that could lead to cellular and tissue damage.

*Vitamin E– The most abundant fat-soluble antioxidant in the body. One of the most efficient chain breaking antioxidants available. Primary defender against oxidation. Primary defender against lipid peroxidation (creation of unstable molecules containing more oxygen than normal)

*Vitamin C– The most abundant water soluble antioxidant in the body. Acts primarily in cellular fluid. Of particular note combating free radical formation caused by pollution and cigarette smoke. Also helps return vitamin E to its active form.

'THE CONSUMERS AWARENESS GUIDE TO SELECTING VITAMIN SUPPLEMENTS'

Although it is important to supplement your diet with vitamins and minerals it is still very important that you eat your fruits and vegetables so don't just rely on supplements alone be sure that your diet consist of 5–8 servings of fruits and vegetables per day.

THIS IS AN EDUCATIONAL SERVICE PROVIDED BY PIERCENUTRITION
1 866 469 0521 WWW.PIERCENUTRITION.USANA.COM

SECTION FOUR: ALL VITAMINS ARE NOT CREATED EQUAL (A WORD ABOUT PIERCENUTRITION AND USANA)

PierceNutrition has found a company that has created a high quality nutritional supplement with a broader spectrum of antioxidants than any other brand plus it includes the patented Olivol. This company has found the right ingredients that are important in a vitamin supplement. The essential vitamins and minerals as defined by the governmental agencies and nutrition experts, are limited to a handful of vitamins and minerals that are necessary for the proper functioning of the cells in our body but they cannot be made by the body. They must be obtained from our diet. This companys supplements contain higher levels of almost all of the essential vitamins and minerals listed in the US RDA

There is still much to be discovered about how nutrients work together, but one thing is for sure– they do work together in extremely complex ways. A healthy body is a complex mechanism, and each

complex area requires a complex mix of nutrients.

The need for a balance in nutritional supplementation also derives from the fact that certain nutrients supplied in isolation can sometimes result in a deficiency of another nutrient. Finally, at excessive or imbalanced levels, some nutrients can even be toxic. The formulation of this company's essential vitamins were painstakingly designed to allow components to work in concert to achieve a synergy of optimal health benefits and safety. This company uses ingredients that can be absorbed and then used in the body. In short they are in high quality and are bioavailable. At this company every effort is made to obtain the highest quality ingredients with dependable levels of potency. In addition every step of the manufacturing process is subject to exacting quality control. All this ensures that the full benefits of these nutrients are available to the user. This company also has a zero tolerance for error this means the customer is always assured outstanding quality. In short you get exactly what is promised to you. Last but not least this company offers a guarantee on quality and potency and PierceNutrition backs it up with a 100% money back guarantee.

Our Guarantee: If you don't feel better than you did before you started taking our supplements and you're not happy with our product after taking taking them for at least thirty days PierceNutrition will refund your money no questions asked.

THIS IS AN EDUCATIONAL SERVICE PROVIDED BY PIERCENUTRITION
1 866 469 0521 WWW.PIERCENUTRITION.USANA.COM

SECTION SEVEN: HERE ARE 7 IMPORTANT QUESTIONS YOU SHOULD ASK BEFORE CHOOSING YOUR SUPPLEMENTS:

1. Is the supplement laboratory tested and does the supplement carry an unconditional guarantee of

'THE CONSUMERS AWARENESS GUIDE TO SELECTING VITAMIN SUPPLEMENTS'

purity and potency.

(Ask this question to find out if the supplement company guarantees its quality and if they answer yes ask them to verify it)

2. Is the supplement manufactured to the strictest pharmaceutical-grade standards or GMP (Make sure the manufacturing facility complies with pharmaceutical-grade Good Manufacturing Practices GMP if so regular inspections should be conducted by various government agencies.)

3. Does the supplement use a premium grade of raw materials used to ensure maximum bio-availability, effectiveness and safety.

(Ask this question to find out the quality of supplement you are getting)

4. Does the supplement contain a superior formulation of vitamin C specifically Poly C (Poly C maintains higher blood levels of vitamin C than ascorbic acid or other forms)

5. Does the supplement contain a proprietary blend of bio-flavonoid antioxidants

(Ask this question to ensure you are getting a potent amount of vitamin C bioflavonoids enhance the action of vitamin C and can't be manufactured in the body it must be supplied in the diet it also called vitamin P)

6. Does the supplement company provide customer service and product support from one company

(Ask this question because it is much easier to get your questions answered from one company rather than contacting several different ones.)

7. Does the supplement company offer a 100% money back guarantee.

(Ask this question because a supplement company should always be confident enough with their product to offer a 100% money back guarantee)

By asking these questions you should be able to make an informed intelligent decision. If you want just any multi vitamin any supermarket will do just fine. Or maybe you just believe that you are getting the

proper nutrients from your diet alone. You owe it to yourself and your family to ask these important questions before you buy.

THIS IS AN EDUCATIONAL SERVICE PROVIDED BY PIERCENUTRITION

1 866 469 0521 WWW.PIERCENUTRITION.USANA.COM

SECTION EIGHT: 4 STEPS TO SELECTING A VITAMIN SUPPLEMENT

1. Get a health audit or assessment. (It is important that you have an idea of what your body needs as reflected by your lifestyle)

2. Ask the 7 questions that are listed in this guide

3. Determine what company offers the highest quality and right combination of supplements for you and your family.

4. Make sure the supplement company offers a 100% no risk money back guarantee

PierceNutrition has done all the research for you and if you want the peace of mind of knowing that you are getting the highest quality and the perfect combination of vitamins, minerals and antioxidants that is covered by a 100% money back guarantee and to receive a free health assessment to find out exactly what your body needs then I invite you to call and leave your name address and phone number or visit

'THE CONSUMERS AWARENESS GUIDE TO SELECTING VITAMIN SUPPLEMENTS'

my website so that we can send you a health assessment form and a free catalog with a full range of supplements to protect you and your family from the hazards I talked about earlier.

You can also receive a free health assessment and order our products by visiting our website at www.PierceNutrition.usana.com

Here's one more point I know that consumers are skeptical when it comes to selecting a vitamin supplement, I was to in the beginning, you just aren't sure what you're getting. That's why with our products we offer this guarantee of purity and potency on all of our products combined with a money back guarantee. PierceNutrition also offers a full line of skin care products, weight management products as well as products for adolescents that are manufactured with the same high quality standards and covered by the same guarantee.

Thanks very much for reading this consumer information guide, I hope you found this message helpful.

If you have questions please don't hesitate to contact me.

On behalf of Pierce Nutrition and USANA I thank you for your kind attention.

Sincerely Terry L. Pierce

THIS IS AN EDUCATIONAL SERVICE PROVIDED BY PIERCENUTRITION
1 866 469 0521 WWW.PIERCENUTRITION.USANA.COM

Terry Pierce is the owner of PierceNutrition and has been exercising and consuming vitamin supplements for over 25 years. Terry has found a formula for selecting the right combination and best quality of vitamin supplements for anyone and lifestyle. Terry is constantly educating people on how they can improve the quality of their lives. By telling consumers the Truth about vitamin supplementation.

Ways to Maximize Vitamin Absorption

By Nitin Jain

1. Do not refrigerate vegetables and fruits (raw and uncut) for more than two days.
2. Do not go by the advertisements that show refrigeration slowing down loss of nutrients from fruit. It can't stop the process altogether and fruits certainly do not get any fresher by refrigerating them for a long time.
3. Eat your fruits whole rather than cutting them into pieces. When exposed to air (oxygen), vital vitamins are lost. By that logic, raw fruits are better than fruit juices and pies.
4. Take a sunbath around nine am for 15–20 minutes and you do not need to pop any vitamin D supplements, except if otherwise advised by a medical practitioner.
5. Give full attention to food while eating rather than sharing the meal with your favorite soap on TV, so that your parasympathetic nervous system is dominant and the digestive system works to its optimum level.

'THE CONSUMERS AWARENESS GUIDE TO SELECTING VITAMIN SUPPLEMENTS'

All about Vitamin Supplements –

Nitin Jain – for

.

Your complete guide to buying vitamins online –

If you wish to reproduce the above article you are welcome to do so, provided the article is reproduced in its entirety, including this resource box and LIVE link to our website.

Ways to Maximize Vitamin Absorption

Vitamin Supplement

The Effectiveness of Vitamin C

Vitamin Supplements For Seniors: What Should You Take?

How useful are Vitamins?

101 tips to stay fit and live longer.

Create a Website in 5 Days

How To Overcome Dandruff

The Ultimate Rose Garden– Neighbors envy, owners pride!

30–Day Low Carb Diet 'Ketosis Plan'



This Free E–Book has been brought to you by Natural–Aging.com.

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