

The Nutritional Tablet that is, was, and forever remained..."

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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!

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By Dr. Brad Krueger

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... A Tablet! I did a home study test on this combination, glucosamine, chondroitin, msm tablet that we had been recommending in our office and I had been using for a couple months with no noticeable results. Hmmm, I wonder why?

I mixed equal parts water and vinegar in a glass and put the tablet in this morning at 9:30 am CST. Now, many doctors, nutritionists, health care providers, etc. will tell you they often see undigested vitamin supplements on x-rays of people's stomach or colon. And I'm going to confirm that they are right and people are probably wasting millions of dollars per year on this stuff.

Anyway, the test should show the product dissolving within 40 minutes and if it doesn't it probably is going to go right through your digestive system. Well here is my photo at approximately 5:30 pm CST (8 hours later for you non-mathematic types). Ta Da a full tablet at: <http://www.flexeasy.com/image/ablet.jpg>

And the manufacturers want you take 3 of these per day usually spread out to get the recommended dosage. Are you supposed to start chewing these hard tablets to get the benefits or what?

No wonder I was always hearing back from patients, "Doc, I was taking that glucosamine you recommended but I really didn't notice anything."

"Dr. Brad Krueger brings you the most complete liquid supplement for cartilage repair and maintenance, anti-inflammation, and pain control in all new, FlexEasy(tm) at www.flexeasy.com "

Selecting Nutritional Supplements

By Bruce Channers

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Nutritional supplements can help compliment a diet that could be missing some necessary nutrients. But nutritional supplements are only as good as the ones you select, and how you combine your nutritional supplements with healthy food so that none of the nutrients are cancelled out.

An estimated 50 percent of American adults use nutritional supplements regularly. But some doctors suggest that half of these adults aren't using these nutritional supplements correctly.

So, how exactly is it possible to use nutritional supplements incorrectly? Well, incorrect nutritional supplement use starts with a lack of understanding of these types of supplements. Too many people make the mistake of looking for bargain prices when they look for nutritional supplements. The cheapest is rarely the best when it comes to nutritional supplements.

People looking to add nutritional supplements to their already fairly healthy diets should take the time and do some background research. Don't buy low-quality nutritional supplements with little or no research behind them. And, unfortunately, a large percentage of the useless nutritional supplements are those that put all their money into advertising instead of quality ingredients. These are the types of nutritional supplements that are promoted as "popular" and often seem to be forever on sale.

When choosing a nutritional supplement, it's always better to choose a caplet over a tablet. The simple reason for this is that your body usually can't effectively dissolve a tablet nutritional supplement. And if your body can't dissolve this type of nutritional supplement, then it won't be able to breakdown the ingredients and feed the nutrients to different parts of your body. Plus, the super low-quality nutritional supplements rarely dissolve at all. Studies of these types of nutritional supplements show that the entire whole form of the tablet can sit in your stomach like a tiny stone for many, many hours. So always select a capsule nutritional supplement. It's much nicer to your digestive system and much better for you body.

Avoid single-nutrient nutritional supplements. Single-nutrient foods don't exist, so why would you feed your body single-nutrient nutritional supplements? Eating these types of nutritional supplements will only succeed in ruining the balance of your body's chemicals.

And don't try a "piecemeal" approach to nutritional supplement use. A piecemeal approach is when you select a variety of single- or multiple-nutrient nutritional supplements, and mix-and-match them to try and make up for where you think your diet lacks. Few people have the skills to do this type of nutritional supplement maneuvering.

When selecting nutritional supplements look for ones that say they are "laboratory tested." Laboratory tested nutritional supplements means that they've been created by responsible manufacturers who choose to follow the FDA regulations, even though they're not required to do so.

Pick nutritional supplements that are "quality guaranteed." Quality guaranteed nutritional supplements are ones that use pharmaceutical-grade products.

Be wary of nutritional supplements that claim to be 100 percent natural. A 100 percent natural

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nutritional supplement, just like 100 percent cobra venom, is probably not good for you. And always make sure every nutritional supplement container you buy has an expiry date. Nothing stays good forever, not even nutritional supplements.

Nutritional Supplement Hub is an information site that contains articles, a directory and other Nutritional Supplement Resources.



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