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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!**

**The Undercover Vitamin**

**By David Leonhardt**

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There is a secret vitamin in the neighborhood, wandering around your body under cover. This "vitamin" has just one single purpose, although some researchers believe he has ulterior motives. He goes by the inconspicuous codename of "D" - Vitamin D.

Don't be fooled by his clever disguise. D is no vitamin. He's a steroid hormone, slipping through your body under guise of a vitamin. And he doesn't have dozens of functions, like vitamin C or vitamin E, just one vital mission - to mineralize your bones!

Mineralization is a key objective of every body. Imagine if we all had flabby bones. The world would look like a Salvador Dali nightmare. Vitamin D saves us from having flabby bones.

More importantly, vitamin D saves us from having brittle bones. He prevents us from rickets and osteomalacia by balancing the calcium and phosphorous in our blood. Ooh, that D is a clever one. Not only is he a master of disguises, but he is a master chemist, constantly monitoring, measuring and balancing the mix so it just right to ensure everybody has strong and healthy bones.

Word on the grapevine is that 30% to 40% of hip fractures in elderly people are the result of insufficient vitamin D. So we caught up with D, and managed to slip away with a rare interview transcript:

"D, some of your fans can't get enough of you. What should they do?"

"Get plenty of sun. That is the key. Where the sun touches your skin, that's where I will be."

"But, D, what about people who can't? What about people in the far north, or those who wear head-to-toe clothing or who are stuck indoors?"

"If you find yourself overdressed in a dungeon in Mongolia, get a good multi-vitamin supplement."

"D, that's a wonderful idea."

"Or drink lots of milk, fortified with me, of course. Some breakfast cereals are fortified with me, too. I also hang out in a lot of saltwater fish, like tuna and sardines and herring and salmon. And I love to slip around in the ol' cod liver oil."

"So if we can't get enough sun, milk and fish will do the trick."

"That's right, but be careful about milk products. Not all of them are made with fortified milk. I make no commitment to be there if they are not."

"What about the supplements, D?"

"A good multivitamin supplement should do it for most people. Get a liquid supplement, cause those pills just don't digest. You just end up flushing me down the toilet...ooh, I hate that feeling."

"Yuck."

"And you shouldn't need a specific vitamin D supplement, because it is possible to overdose. And you wouldn't want too much of a guy like me around."

That was all we could slip through the lines. But I think we learned a lot about what it is like to live the life of a secret vitamin. To our hero, vitamin D, we offer our best wishes. May everybody get plenty of vitamin D to keep their bones strong and healthy for many years to come.

David Leonhardt runs The Liquid Vitamin Supplements Store:

Learn more about vitamin D:

Or read up on other nutrition information:

Or read up on other nutrients:

## **Vitamin Supplement**

**By Rolf Rasmusson**

### **Vitamin Supplement by Rolf Rasmusson**

Vitamin supplement – why is it important?

Vitamin supplement or supplements are very important for us because if we do not intake enough vitamins necessary for our bodies, the vitamin supplement will substitute for the shortage of the amount of vitamins in our system. Many times a good diet will be enough, but when it is not, the

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vitamin supplement will make sure that you intake enough vitamins for you to be healthy.

Vitamin supplement – vitamin A.

Why is it important to use vitamin A vitamin supplement? Many health sources state that vitamin A plays an important role in vision, bone growth, reproduction, cell division and cell differentiation. Vitamin A can be found in many animal foods like liver and eggs and in some plants. But if you don't intake enough vitamin A with you foods, the vitamin supplement will definitely help.

Vitamin supplement – vitamin D.

Another important vitamin supplement is the supplement for vitamin D. The major function of vitamin D is to maintain normal blood levels of calcium and phosphorus, helping to form and maintain strong bones. Vitamin D can be found in foods (for example vitamin D fortified milk, fatty fish, and fish oils). Another important source of vitamin D is exposure to sunlight (ultraviolet rays).

Vitamin supplement – vitamin E.

Vitamin supplement for vitamin E is another example of important supplement. 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. Vitamin E can be found in, for example, vegetable oils, nuts, and green leafy vegetables. If you do not intake enough vitamin E with your foods, the vitamin supplement will help.

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