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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!**

**Working Together For Better Health: Understanding The Interrelationship Between Vitamins  
And Nutritional Supplements**

**By Linda Polansky**

For years, many people have popped a multi-vitamin and thought that they had their nutritional lives "under control." They believed that by pulling a bottle of multi-vitamins off a store shelf, and by being fairly regular in taking the product, they were satisfying appropriately the vitamin and nutritional needs and requirements of their bodies.

In point of fact, merely taking any old multi-vitamin or similar type of combination nutritional supplement may not be in your best interest. Rather, it is important for a person who is serious about his or her health to understand precisely how different types of vitamins, minerals and related nutritional supplement products can interact with one another.

For example, there are certain types of vitamins and minerals that enhance one another when they are taken together. On the other hand, there are other vitamins and minerals that can degrade the effectiveness of other products when taken at the time same time.

The fact that different vitamins and minerals do work together differently underscores the necessity of consulting with a doctor or qualified, certified nutritionist before you embark on a program of taking vitamins and minerals and before utilizing certain nutritional supplements. By meeting with an appropriate professional, you will be able to identify your own dietary needs. In addition, these professionals can work closely with you to determine what combination of products can best be utilized to meet your nutritional goals and objectives. These professionals can now be found in nearly any community in many places around the world. The Internet can be a useful resource in assisting you to track down a bona fide professional who can assist you with your dietary decisions and planning.

There are also some helpful resource books on the market that can assist you in determining what combination of vitamin, mineral and nutritional supplement products can best be utilized to further your own healthy living and dietary goals. These books now are readily available at most major booksellers in the brick and mortar world as well as at a wide array of different types of venues on the Internet and World Wide Web.

Regardless of the prevalence of these resource materials in both the brick and mortar world and on the Net, it remains very important for you to connect with a doctor or nutritionist in order to develop what truly is a healthy, meaningful and lasting dietary program that will enhance your life today and tomorrow.

Linda Polansky writes about

<http://www.buyvitaminsmart.com/Categories/Amino%20Acids.aspx>

and

<http://www.buyvitaminsmart.com/Categories/Chromium.aspx>

## **Nutritional Supplement**

**By Rolf Rasmusson**

### **Nutritional Supplement by Rolf Rasmusson**

Nutritional Supplement - what is it?

So what is a nutritional supplement? Nutritional supplement is a product that provides additional sources of nutrients when people don't get enough of them through food or when a well-designed diet doesn't work. Nutritional supplement increases the intake of vitamins, amino acids, minerals, herbs, etc. It gives you the opportunity to achieve the average daily intake of some specific nutrient.

Nutritional Supplement - be careful.

You have to be careful when purchasing some nutritional supplement, since supplements are not required to meet FDA standards. There are many fake supplement products on the market nowadays, so make sure that you consult with your doctor or other health professionals if some type of nutritional supplement is right for you. Also read the label carefully since many ingredients may be harmful for you.

Nutritional Supplement - sports supplements.

If you are an athlete, you will have access to some types of nutritional supplement or supplements developed specifically for athletes. For example, according to many sport researchers, caffeine supplements claim that caffeine improves athletic performance, increases energy, delays fatigue, improves fat burning, and enhances body fat loss. Protein supplements claim that protein supports muscle growth, increases muscle strength and mass, improves recovery, etc. Creatine supplements claim that creatine improves performance, increases muscle mass, delays fatigue.

If you are an athlete, you need to be careful about using nutritional supplements as there is very little research regarding the safety of some of the supplements. Don't just believe the supplement labels'

claims, but instead believe only these facts that have been scientifically proven. Consult with doctors, health professionals, and fitness trainers. Sometimes a well–designed diet is enough to supply your body with everything it needs, so don't turn to supplement right away.

Additional interesting content at [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)



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