

You May Be At Serious Risk If You Use Certain Nutritional Supplements!

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!

You May Be At Serious Risk If You Use Certain Nutritional Supplements!

By Phil Beckett

You May Be At Serious Risk If You Use Certain Nutritional Supplements! by Phil Beckett

Just Because A Product Is A "Brand Name" Doesn't
Mean It's Safe!

By Phil Beckett

Copyright © <http://www.womens-health-fitness.com>

Studies have shown that the vast majority of women take some form of supplements every day. Even if you are one of the rare few one doesn't, you probably have a loved one who does and could benefit from your simply forwarding this message.

Now, the problem is not that women are taking supplements.

In fact, in this day and age, with the proven decline in the nutritional value of mass commercialized foods, including even fruits and vegetables, proper supplementation is vital for maintaining a healthy, vibrant, and energetic lifestyle.

One of the mistakes people tend to make (and it's an understandable one) is that if a supplement is a "brand name" then it must be high quality.

Sadly, nothing could be further from the truth. A lot of questions surround Coral Calcium in particular, which by itself, is an excellent supplement for a variety of reasons.

Some of its benefits include; maintaining healthy bones and teeth, staving off osteoporosis, the proper functioning of the

You May Be At Serious Risk If You Use Certain Nutritional Supplements!

heart, and helping nutrients properly disperse throughout the body, to where they are needed.

The problem, however, is that both government and private organizations have shown that you only have a 1 in 5 chance of actually buying a product that has the amount of ingredients stated on the label, or one that does not contain contaminants.

Shocking, isn't it?

You may have heard of Coral Calcium and Robert Barefoot.

Many suppliers of Coral Calcium use his image, name, and all claim to sell his "special," "approved" formula. This is nonsense because all of them have different formulas, and often use different grade Coral Calcium.

One of the best known and biggest sellers of these brands is called "Coral Calcium Supreme," which many women reportedly use.

Again, women assume that because it's a brand name (and therefore costs a lot) it must be good.

But you have to be cautious and know that Barefoot's name on a product in itself doesn't amount to much of anything, except a higher price tag, and certainly doesn't speak to quality.

consumerlabs.com, a private company whose mission is to independently test various supplements to see if they have what they contain, came back with this shocking conclusion, and to quote:

"ConsumerLab.com reported today that 20% of the calcium supplements it recently evaluated failed testing. One of those that failed is the much hyped Coral Calcium "Supreme" which, coincidentally, was also the subject of government action today for false advertising.

Reasons for products failing the Calcium Review included excessive lead, too little calcium, and inability to fully break down (needed for absorption)."

You May Be At Serious Risk If You Use Certain Nutritional Supplements!

Lead!

Lead is a well known toxin that can lead to neurological dysfunction and damage. And wouldn't you be angry to find out, even if it not contaminated, it didn't have the amount of ingredients that you PAID for?

So, why do many supplement companies do this? Coral Calcium "Supreme" is certainly not the exception, but the rule.

Well, for one thing, it's much cheaper for them if they don't have to subject their products to a rigorous manufacturing process that ensures there are no contaminants. They also do not adhere to a certificate of analysis that shows their products actually contain the amount of ingredients stated on the label.

They're hoping that, you, the consumer, is never the wiser. In short, cheaper product manufacturing means more money in the pocket for them.

All, nutritional supplements are supposed to enhance your health, NOT impair it.

The bottom line is: whatever products you take, you should investigate very carefully the company that manufactures them.

This is also why I feel so strongly about recommending certain natural products from a company in New Zealand.

The whole company's history and mission was founded on producing an honest line of supplements, under the most rigorous manufacturing requirements in the world, far exceeding U.S. FDA standards.

They subject their Coral Calcium with Phytonutrients product, for example, to not only the most stringent manufacturing requirements, but also provide a certificate of analysis for each batch produced, which means it is independently tested to be free of contaminants and have what is stated on the label.

I've only received positive feedback from women who use

You May Be At Serious Risk If You Use Certain Nutritional Supplements!

this coral calcium product, and I can confidently recommend them in the highest regard.

You may like to check out the company's history, facts, and mission. I think you will realize, as I did, what an exception to the rule they are when it comes to nutritional supplements.

For more information on this subject please visit:

<http://www.womens-health-fitness.com/coral-calcium.html>

Phil Beckett is the President & C.E.O of Physique Concepts Inc. and is the author of 3 very popular and successful health & fitness books and designs customized general health, weight loss, flexibility and cardiovascular exercise programs for women. He has trained and educated more than 3000 women of all ages, interests, and limitations, in health, fitness and nutrition, both on-line and off-line for more than 15 years.

Selecting Nutritional Supplements

By Bruce Channers

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

You May Be At Serious Risk If You Use Certain Nutritional Supplements!

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

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.

You May Be At Serious Risk If You Use Certain Nutritional Supplements!



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!