

Vitamin Supplements ...

...vitamins are organic nutrients that are essential to the body and our long term health.

A good diet is the basis of health and vitamins and minerals are essential for life.

Minerals must be supplied by our diet as we cannot synthesise these ourselves and are extremely important for the majority of metabolic processes and for the building of the body structure.

Vitamins on the other hand generally act as catalysts, helping the body to perform a multitude of functions, but vitamins are also organic compounds that are essential to life.

For the most part, vitamins are not produced by the body and must be ingested as part of our diet (the exception to this is Vitamin D, which can be made by the body from sunlight). And, most of the vitamins in our diet come from plants.

A healthy person is able to synthesise small amounts of vitamin B12, Vitamin B5, Vitamin B3, Vitamin D, Vitamin K, inositol, folic acid and biotin. The fat soluble vitamins (Vitamin E, Vitamin A, Vitamin D and Vitamin K) require the presence of fats in the digestive system in order to be absorbed, used and stored. Vitamin C and the B complex vitamins plus bioflavonoids are all water soluble and are dissolved and utilised with the presence of water in the digestive tract. The fat soluble vitamins are carried in the blood by lipo-proteins and can be stored in the liver or fatty tissues.

However, because of the way foods are now produced, handled, stored and even processed, our diets will not always contain the amount of vitamins, minerals and enzymes that nature intended for us to. If you were to add things such as stress, the use of drugs, prescription medicines and the environmental pollution to the equation, these deplete nutrients even further.

Careful preparation of our food we eat is vitally important. Even though much food is often lacking the quantity of nutrients we require, the last thing we need to do, is overcook anything or cook things the wrong way, as we will destroy what vitamins, minerals and enzymes that they may contain.

Vegetables are best eaten raw. If not, then the use of a pressure cooker, or steaming them, are the next best things. However, cooking water should also be saved to make a broth or soups, as many nutrients are lost into the cooking water.

Also the key to trying to preserve all these vitamins and other nutrients is to only cut something if you have to, and as little as possible - this will reduce the amount of bleed (in other words the amount of vitamin, mineral and enzyme content lost).

But, with today's lifestyle, it is often advisable to seek a good quality multi vitamin and mineral supplement - or at least something that can give you the nutrients you may well be lacking.

Nutritional Vitamin Supplements

- o [Maximol \(liquid vitamins and minerals\)](#)
- o [Orachel \(multi-vitamin oral chelation formula\)](#)
- o [Revenol \(powerful antioxidants\)](#)

Other Nutritional Information

- o [Specific Vitamins and their benefits](#)
- o [The role that Minerals play in our bodies](#)