

Does a Multiple Vitamin Boost My Health and Wellness?

Multiple vitamins should be designed with one purpose in mind. They should provide you the ability to properly balance your regular diet with the additional vitamins, minerals, amino acids and antioxidants needed to make your diet nutritionally complete.

It is rare that people follow the recommended daily allowances in their regular diets. For this reason, multi-vitamins were developed to provide the missing nutrients to your daily diet. Vitamins designed with this purpose will automatically provide you with the essential additional nutrition you need to boost your health and wellness.

The Correct Multi-vitamin Make-Up:

A good multivitamin supplement will contain all of the following ingredients. It is designed to balance an average diet and boost health and wellness.

- * Major vitamins
- * Minerals
- * Amino acids
- * Carotenoids
- * Tocopherols
- * Tocotrienols
- * Antioxidants

Antioxidants are an important part of any diet because they attack and neutralize free radicals. These fragments of chemicals are caused by:

- * Normal metabolism
- * Pollution
- * Ultraviolet radiation
- * Rancid oil
- * Other toxins

Scientists believe that free radicals are one of the elements responsible for aging and degenerative diseases like Alzheimer's, arthritis and cancer. It is because of the nutrient deficiencies in our regular diets that we have become more susceptible to degenerative diseases.

Mixed Tocopherols and Tocotrienols:

Vitamin E is a series of related compounds. The four main forms are alpha, beta, delta and gamma. Most multi-vitamin supplements only contain large amounts of alpha tocopherol. A healthy diet needs a mixture of them all.

When too much alpha tocopherol is induced, gamma tocopherol is depleted. This causes deficiencies because gamma tocopherol is crucial to good health as well. For this reason, it is important that your tocopherol intake is balanced. A mixed intake of all tocopherols is more effective in preventing cardiovascular disease.

Tocotrienols are potent antioxidants that complement the alpha tocopherol. The combined nutrients are much more effective at preventing oxidation. This is why you must have a balanced combination of tocopherols and tocotrienols to maintain a healthy diet and a healthy body. To accomplish this you must have a balance of all of the compounds that make up vitamin E.

Mixed Carotenoids:

These are the red, orange and yellow plant pigments that are found in all of our fruits and vegetables. All of these contain different amounts of carotenoids, but the colors are often hidden by the plant's chlorophyll content. Examples of foods containing large amounts of carotenoids include:

- * Kale
- * Collard greens
- * Swiss chard
- * Broccoli

Tomatoes contain Lycopene, which is a red carotenoid found in tomatoes. It is a potent antioxidant that reduces the risk of prostate cancer. Unfortunately, carotenoids are better absorbed through the ingestion of supplements than from foods. Multi-vitamins usually only contain beta carotene. It is important to find one that contains beta carotene, alpha carotene, lycopene, lutein and zeaxanthin.

The Bottom Line:

A complete multiple vitamin supplement is necessary as a part of a daily health and wellness regimen. The best multi-vitamin contains a healthy balance of everything listed above in the correct dosages. It is important to do your homework and be sure the multi-vitamin you choose will do its job correctly.

Learn as much as you can about your own body's individual nutritional needs. By giving your body proper nutrition, you help it to fight off illness and diseases much more efficiently. A complete multi-vitamin will:

- * Strengthen your immune system
- * Decrease your risk of cancer, heart disease and osteoporosis
- * Increase your level of energy
- * Elevate your moods
- * Help you to enjoy a healthier, more productive life

Choose a multi-vitamin that has been developed based on the latest science and technology. You will be taking a well-rounded supplement that was designed to properly complement a typical daily diet.

About the Author

More information on [multiple vitamins](#) is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

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