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Micronutrients

Nutrient Supplementation Facts

The evidence, facts and research as to why we must supplement in today's world, is exhaustive to say the least. For decades, forward-thinking scientists and researchers have published hundreds of studies proving the incredible health benefits of supplementation. This is a vast, vital subject deserving your attention and personal research and we strongly recommend your due diligence. Ask for more research resources and we will provide you with what you require.

Supplements for our purposes here today (since there are also meal supplements in the marketplace today) refer to:

Vitamins, Minerals, & Antioxidants (can be vitamins or minerals as well)

Each supplement is; either produced by the body, or they are called 'essential' which means we must get them from our diet. And as we will see and perhaps you know, our food supply no longer contains the amounts of vitamins, minerals and antioxidants that we need today.

The main reason for this significant, important addition to our daily nutrition in the form of supplements is due to a process called Oxidation or Free Radical Damage.

Not all Supplements are Created Equal

**According to the Comparative Guide to Nutritional Supplements -
Products were given a 0-5 Star rating, based on 18 different criteria:**

USANA Health Sciences Essentials – 5.0 stars

Truostar Health BASICS – 5.0 stars

Douglas Laboratories Ultra Preventive IX – 5.0 stars

Creating Wellness Alliance Vitalize – 5.0 stars

Source Naturals Wellness Multiple – 4.0 stars

Metagenics Multigenics Intensive Care – 3.5 stars

Metagenics Multigenics – 3.0 stars

GNC Ultra Mega Gold – 2.5 stars

Melaleuca Vitality Gold for Women or Men – 2.0 stars

Isotonix Champion Blend – 2.0 stars

Shaklee Vita-Lea Gold – 1.5 stars

Eniva VIBE – 1.5 stars

Isagenix for Women – 1.5 stars

Isotonix Multiblend – 1.0 stars

Reliv Classic or Reliv Now – 1.0 stars

Herbalife ShapeWorks Multivitamin Complex – Formula 2 – 1.0 stars

One a Day Active – 0.5 stars

Centrum Silver – 0.5 stars