

# Best Vitamin Supplements - 3 Criteria a Best Vitamin Supplement Should Meet

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## **Sample of Content:**

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## **Content:**

Best vitamin supplements must meet high standards in three critical areas. Quality in all three areas is vital not only for health benefits but for safety reasons as well. The best vitamin supplements should excel in these ways:

1. The Design of the Supplement - the term 'efficacy' means 'to produce an effect'. When combined correctly, the effects or efficacy of certain vitamins and minerals in the body can be increased several times. And substances, whether natural or synthetic, when mixed together, can form other undesired or dangerous substances if they are not combined scientifically. When creating a complex best vitamin supplement formula, the professional qualifications of the design staff is a crucial part of the process.
2. The Quality of the Ingredients - there can be enormous differences in quality and potency as well as differences in costs of the individual ingredients. Priority should be given to quality, potency and purity with the best vitamin supplements since the final product will only be as good as the raw ingredients used. The manufacturer must have a system in place to verify that the ingredients used are as the suppliers claim.
3. The Procedures Used in Their Manufacture - the vitamin manufacturers producing large volumes may use a ribbon type blender and mix ingredients for only about 20 minutes. This means that low dose substances may not be mixed properly. The time that passes after mixing before encapsulating or tableting is important -- less than two hours between blending and tableting makes sure that the blend's integrity remains intact during the manufacturing process. The only dependable way to be sure you are getting the best vitamin supplements is to buy them from a facility that meets pharmaceutical industry production standards.

Are vitamin and mineral supplements really needed? Numerous studies have concluded that because of soil depletion, the overall nutrient value of foods has been declining for decades. Also, even the best vitamin supplements cannot substitute for a poor diet. Eating mostly junk food and taking vitamins will not provide you with the nutrients you'll obtain with vegetables and fruits. Vitamin supplements should be considered supplements, not replacements for food. For example, the latest USDA food pyramid recommends consuming 2.5 cups of vegetables a day for women and 3 cups a day for men -- most people do not.

The best vitamin supplements cannot be the one-a-day type. Why? One capsule or tablet simply cannot hold all that's needed in necessary quantities -- it would be way too large to swallow. One-a-day vitamins are probably a waste of money. And on the other hand, it's easy to end up with a dozen or more individual vitamins to take daily, requiring bottles and bottles which is both a hassle and expensive.

And finally, women need a different vitamin formula than men. A woman's supplement should contain nutrients that are proven by clinical studies to support the balancing of female hormones before, during and after menopause. The best vitamin supplements for men should contain ingredients specifically for supporting healthy male prostate. Including ingredients proven in clinical studies for the prevention of BPH or enlarged prostate is an important part of the best vitamin supplements for men.

Yes, there are manufacturers that meet or exceed the above criteria. Learn as much as you can about what finding the best vitamin supplements really means -- before spending your money, be informed about the products you'll be taking every day.

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