



# Vitamins

## PREPOTENCE

The key to gaining the correct amount of  
vitamins from natural vitamin sources for  
a healthy and balanced diet



# **Vitamins Prepotence**

# **Taking a Vitamin Supplement**

There are a number of essential vitamins that the body needs to function properly and it is possible to take these in the form a vitamin supplement.

The majority of people do not have a balanced diet and they may be lacking in certain vitamins which means that they require a vitamin supplement to ensure that they do not have a deficiency of an essential vitamin.

A health professional or dietary technician is the best person to give advice on any vitamin supplement that a person should take. It is important to seek professional advice before taking any vitamin supplement.

This is because there are some vitamins that can be toxic if too much is consumed and a vitamin supplement may not be appropriate if there is enough of the vitamin already in the food a person eats.

Some categories of people may require more types of vitamin supplement than others. Vegetarians are often deficient in certain vitamins that are only found in animal products, for example, and a vitamin supplement is the ideal solution to this problem.

Vegetarians do need to be aware that some vitamin supplement manufacturing processes involve animal products and it is important for them to read the labels.

A large number of synthetic vitamin supplement products are available which will enable a vegetarian to take them without contravening their dietary beliefs or needs.

Children will often need a vitamin supplement, especially when they are extremely young. This is because a lot of children do not eat a sufficient variety of foods in their early years and a vitamin supplement can help compensate for this natural deficiency.

Breast feeding has long been recommended as a source of all the essential nutrients but women who choose not to or are unable to bottle feed may be concerned as to whether their baby needs a vitamin supplement.

The large majority of baby milk formulas contain additional vitamins to prevent the need for a vitamin supplement to be given. It is important to discuss any concerns over the need for a baby or child to take a vitamin supplement with a health professional to ensure that the correct solution is found.

Elderly people or those suffering from certain diseases or illnesses are other groups of people that may need to take a vitamin supplement. The body may often need a vitamin supplement to compensate for a person not being able to consume the recommended daily allowance of certain vitamins through their normal diet.

# Natural Vitamin Sources

There are a lot of people who do not have enough natural vitamin sources in their diet and therefore suffer from a deficiency of one or more vitamins.

Obviously, it is possible to buy vitamin supplements to help overcome any deficiencies but for the majority of people it should be possible for them to obtain the majority of their recommended daily allowance of vitamins from natural vitamin sources.

The key to gaining the correct number of vitamins from natural vitamin sources is to eat a healthy and balanced diet.

There are certain diets, such as vegetarian, that provide a limited number of natural vitamin supplements and therefore a supplement may be necessary.

Also, the intake required of these natural vitamin sources at certain periods may need to be increased and a supplement may be the best option.

It is important to be aware of each of the different types of vitamins and their best natural vitamin sources so that a person can incorporate as many of these as possible into their regular diet.

Water soluble vitamins cannot be stored in the body and need to be replenished on a daily basis so it is natural vitamin sources for these vitamins that are the most essential to know.

- Natural vitamin B1 sources are brewer's yeast, whole grains, blackstrap molasses, brown rice, organ meats, egg yolk
- Natural vitamin B2 sources are brewer's yeast, whole grains, legumes, nuts, organ meats, blackstrap molasses

- Natural vitamin B3 sources are lean meats, poultry & fish, brewer's yeast, peanuts, milk, rice bran, potatoes
- Natural vitamin B4 sources are egg yolks, organ meats, brewer's yeast, wheat germ, soybeans, fish, legumes
- Natural vitamin B5 sources are organ meats, egg yolks, legumes, whole grains, wheat germ, salmon, brewer's yeast
- Natural vitamin B6 sources are meats, whole grains, organ meats, brewer's yeast, blackstrap molasses, wheat germ
- Natural vitamin B7 sources are egg yolks, liver, unpolished rice, brewer's yeast, sardines, legumes, whole grains
- Natural vitamin B8 sources are whole grains, citrus fruits, molasses, meat, milk, nuts, vegetables, brewer's yeast
- Natural vitamin B9 sources are dark-green leafy vegetables, organ meats, root vegetables, oysters, salmon, milk
- Natural vitamin B12 sources are organ meats, fish, pork, eggs, cheese, milk, lamb, bananas, kelp, peanuts
- Natural vitamin B13 sources are root vegetables, liquid whey
- Natural vitamin B15 sources are brewer's yeast, rare steaks, brown rice, sunflower, pumpkin & sesame seeds
- Natural vitamin B17 sources are whole kernels of apricots, apples, cherries, peaches, plums
- Natural vitamin C sources are citrus, cabbage family, chili peppers, berries, melons, asparagus, rose hips

# **An Overview of Vitamin World**

Nutritional supplements are in huge demand and one of the most established companies in this competitive market is Vitamin World. Vitamin World is a well-established manufacturer and retailer of nutritional supplements.

There are over 550 Vitamin World stores in the United States. However, it is the online side of their business that is even more impressive. The Vitamin World website has an extremely efficient automated order fulfilment system that is extremely sophisticated.

This allows Vitamin world to process orders and dispatch them to thousands of households across the country.

The manufacturing side of Vitamin World was established in the 1960s in Long Island, New York. Nowadays, vitamin world produces more than a thousand nutritional supplement products.

The product range that Vitamin has is extremely extensive and includes vitamins, minerals and herbs in every available type including tablets, two-piece capsules, soft gel capsules, powders and liquids. All of the Vitamin World products are manufactured in their own state-of-the art facilities in Long Island.

Vitamin World has grown into a well-respected nutritional supplement provider and this is due, in part, to the millions of dollars that it has invested in the manufacturing and quality control aspects of the business.

The demand for quality nutritional supplements is constantly increasing and Vitamin World keeps ahead of the trends with its own scientists and researchers striving to develop new products to satisfy the needs of the public.

All of the Vitamin World products are developed in association with many state and federal agencies, including the FDA and the U.S.

Pharmacopoeia (USP), to ensure that their test procedures guarantee their strength and beneficial qualities. This gives all Vitamin World customers the reassurance that their nutritional supplements are produced to the highest possible standards and with the greatest amount of purity available.

The processes used by Vitamin World have become the benchmark for many other nutritional supplement manufacturers and retailers to aspire to.

Customers now have the choice of buying the Vitamin World products through a traditional store or in the comfort of their own home through the website.

The efficiency of their website strives to deliver quality vitamin supplement products in the shortest time possible and guarantees full customer satisfaction.

Vitamin World continues to develop new and more effective nutritional supplements and manufacture them in convenient forms to enable people of all ages to be able to have the nutritional health that their diet and lifestyle may not provide.



# How to Store Vitamins

There are two main types of vitamins, water soluble vitamins and fat-soluble vitamins, and the way that the body does or does not store vitamin content taken from food depends on which type it is.

The body cannot store water soluble vitamins and this means that a person needs to replenish their water-soluble vitamin intake on a daily basis. The eight B vitamins and vitamin C are water soluble vitamins and the body cannot store vitamin content that is either of these.

It is not simply that the body cannot store vitamins that are water soluble but also the water-soluble vitamins are easily destroyed by improper storage, handling, or cooking of foods that contain these vitamins.

In particular, it is important not to overcook vegetables by boiling as the water-soluble vitamins are in effect washed out of them but this lack of being able to store vitamins that are water soluble can be overcome by light cooking or steaming and by using the water that vegetable have been cooked in to form sauces and gravies.

As the body cannot store vitamin C or the other water-soluble vitamins it is essential to eat a balanced diet with at least 5 portions of fruit and vegetables to ensure that enough vitamins are available for the body to use when necessary and a person does not suffer from a vitamin deficiency due to the body's inability to store vitamin content.

On the other hand, the body can store vitamin content that is fat soluble. The body will store vitamin content in the fat cells so that it can be used when required and a person does not need to consume as many of these fat-soluble vitamins on as frequent a basis as they do with water soluble vitamins. The fat cells store vitamin A, D, E, and K as these are all fat-soluble vitamins.

It is also important to store vitamin supplements correctly to ensure that the beneficial qualities of these are not diminished. The best way

to store vitamin supplements is in a container with a screw top lid and to keep the container in a dry place. When you store vitamin supplements it is also essential to check that they have not been kept longer than the expiration date.

The vitamin content of supplements cannot be guaranteed if you store vitamin tablets past their use by date.

# Vitamin Water

An increasing number of people are becoming more conscious of the amount of vitamin intake that their diet does or does not provide and the need for new products, including vitamin water, that provide a convenient method of obtaining more of the essential vitamins is constantly being sought.

One extremely popular brand of vitamin water is Glaceau Vitamin Water. This vitamin water is a low calorie nutrient enhanced water. The vitamin water is available in a number of different flavors and provides an extremely healthy alternative to other high calorie drinks.

The Glaceau vitamin water was developed by J. Darius Bikoff who wanted a vitamin enhanced drink that had a pleasant flavor. Unlike a lot of other so-called health drinks, the vitamin water is not overpowering but has a higher vitamin content than traditional drinks.

The vitamin water is essentially biologically better water that ensures that a person has a sufficient intake of certain vitamins and minerals.

Glaceau vitamin water is an industry leader in enhanced water beverages and it is available in a wide variety of flavors including perform lemon-lime vitamin water, formula 50 vitamin water, defense vitamin water, vital-t vitamin water, endurance peach mango vitamin water, rescue green tea vitamin water, multi-v lemonade vitamin water, stress b lemon-lime vitamin water, revive fruit punch vitamin water, focus kiwi-strawberry vitamin water, essential orange-orange vitamin water, balance cran-grapefruit vitamin water, power-c dragon fruit vitamin water and energy tropical citrus vitamin water.

The actual vitamin and mineral content of Glaceau vitamin water varies depending on the type. Here are some of the specific nutrition facts for a number of the flavors of Glaceau vitamin water available:

## **Defense**

Calories 50; Total Fat 0g; Sodium 0mg; Total Carbohydrate 13g; Total Sugar 13g; Protein 0g; Vitamin C 60%; vitamin B3 10%; vitamin B6 10%; vitamin B12 10%; vitamin B5 10%, Zinc 10%

## **Vital-t**

Calories 50; Total Fat 0g; Sodium 0mg; Total Carbohydrate 13g; Total Sugar 13g; Protein 0g; Vitamin C 60%; vitamin E 20%; vitamin B3 10%; vitamin B6 10%; vitamin B12 10%; vitamin B5 10%

## **Stress b lemon-lime**

calories 40, total fat 0g, sodium 0mg, total carbohydrate 9g, sugar 8g, protein 0g, vitamin B2 25%, vitamin B3 25%, vitamin B5 25%, vitamin B6 25%, vitamin B12 25%, vitamin C 60%, st johns wort 25mg, kava kava 25mg

## **Revive fruit punch**

calories 50, total fat 0g, sodium 0mg, potassium 30mg, total carbohydrate 13g, sugar 12g, protein 0g, vitamin A 10%, vitamin B3 10%, vitamin B5 10%, vitamin B6 10%, vitamin B12 10%, vitamin C 60%, vitamin E 10%, gotu kola 25mg, American ginseng 25mg

Every type of Glaceau vitamin water is made using distilled water and all-natural flavorings to ensure that the beneficial effects of the vitamin enhanced drink are maximized.

# Mineral Vitamin Supplements

The majority of mineral vitamin supplements are made from chemicals rather than natural substances. However, there is a steady growth in the demand for natural mineral vitamin supplements.

This is due to the amount of debate that there is as to whether chemical mineral vitamins can be more harmful than beneficial in the long term.

The fact is that chemical mineral vitamin supplements are not as easily absorbed as normal food particles are. The mineral vitamin industry is constantly striving to create products that are more easily processed by the body and therefore more beneficial.

Every now and then the industry comes up with a new 'more bio-available' form of a vitamin or mineral. To overcome this, a large number of mineral vitamins have been developed that combine other elements with the vitamins and minerals to enable them to be more easily absorbed by the body.

Iron is commonly combined to form iron gluconate which enable the mineral vitamin supplement to be more absorbable.

The amount of a nutrient in a mineral vitamin supplement needs to be far greater than it would be in a more natural form for the body to be able to absorb the amount that is required.

This can obviously lead to problem where a toxic level of the particular nutrient is being consumed by the large doses of the mineral vitamin supplement that are needed.

It is therefore extremely important that a person does not simply take vast quantities of all of the mineral vitamin supplements that are advertised on television and should seek advice from a health professional. It is also worth being aware of the developments in the

mineral vitamin supplement industry as there are constantly new and better combinations being developed.

One method that mineral vitamin manufacturers have developed to help aid absorption is through culturing the raw materials with yeast cells. This form of mineral vitamins is known as 'food state' and are up to four times easier for the body to absorb the required nutrients as the yeast is completely digested.

Of course, the need for mineral vitamin supplements depends on the diet that a person has. There is no doubt that it is far more preferable for a person to obtain the nutrients that they require from their food rather than by taking mineral vitamin supplements wherever possible.

During certain periods it may be necessary for a person to take mineral vitamin supplements on a temporary basis but their long-term use is not recommended for a number of the supplements that are available.



# Good Food Health Vitamin Intake

It is essential that a person is aware of what constitutes good food health vitamin intake. The federal drug administration produces a recommended daily allowance for the majority of vitamins which it regards as a good food health vitamin intake.

These figures vary according to a person's age, sex and some other factors so that the good food health vitamin intake for a young woman is going to be different to that of a man in his seventies.

The food health vitamin intake amounts of certain foods are included in the nutritional labelling. This labelling is important for a person to consider and helps ensure that they are receiving the correct food health vitamin intake from the foods that they eat.

The nutritional information is often represented as a percentage of the recommended daily allowance of each vitamin and mineral and can help assess the value of the foods in the quest for good food health vitamin intake.

There are also a number of items that a person may want to restrict in their diet as part of their good food health vitamin intake. Again, the nutritional labelling of certain foods can help a person to see how high a product is in these undesirable contents.

Salt and fat, for example, may be items that a person wants to consider limiting as part of their good food health vitamin intake even though they are not strictly vitamins.

The majority of people actually refer to nutrients when they use the word vitamin and food manufacturers are aware that a person is looking at minerals and other items when they are considering their good food health vitamin intake.

Fiber is another element that many people are more aware of as forming an essential part of a balanced diet and is necessary for good food health vitamin intake.

If a person is on a restricted diet for any reason then they need to pay even more attention to their good food health vitamin intake.

Obviously, some foods contain different nutrients to others and this is applicable to vitamins as well and it may be more difficult for a person to achieve their good food health vitamin intake if they are unable to eat certain foods.

Vitamin supplements can form an essential part of a good food health vitamin intake for people who are unable to obtain their vitamins from their normal diet. It is also worth remembering that the good food health vitamin intake for a person varies throughout their life depending on their general health.

# **The Benefits of Multi Vitamin Supplements**

The majority of people do not eat a sufficiently balanced diet to provide them with all of the vitamins that they require and this has led to a boom in the multi vitamin supplement industry.

Multi vitamin supplements are available in a number of different forms, including tablets, gel capsules and even liquids. Of course, the most obvious benefit to taking multi vitamin supplements is convenience. It is far easier for a person to take one dose of a multi vitamin supplement that contains all of the necessary vitamins compared to taking each one individually.

This is especially the case for children as it can be difficult for them to take a large number of vitamin supplements but one dose of a multi vitamin supplement is far easier. Of course, a liquid multi vitamin supplement is the most suitable form for children but it is also benefiting anyone who has difficulty taking supplements in traditional tablet form.

The increase in the availability of multi vitamin supplements has led to a great variety in the brands and also the actual content of the multi vitamin supplements. The names of some of the nutrients in these multi vitamin supplements can be a little bewildering and many people simply do not know which ones they require.

To make the decision simpler there are now a number of multi vitamin supplements created for specific people. For example, there are multi vitamin supplements that are designed for children. These multi vitamin supplements contain the specific nutrients that children need for them to grow and develop properly.

Pregnant women have unique nutrient requirements to ensure that their baby receives the necessary nutrients and there are multi vitamin supplements prepared for pregnant women. As we get older we also

have different nutrient requirements and multi vitamin supplements for the elderly are a popular product.

It is important to consider the contents of any multi vitamin supplement before consuming too many. There are some vitamins that can be toxic if too much is absorbed and this can occur more easily with multi vitamin supplements as some of the content may be overlooked.

The labelling of the actual percentage of the recommended daily allowance for each vitamin in a multi vitamin supplement should be clearly labelled and must be assessed before a person takes them.

Always seek professional medical advice before taking any multi vitamin supplement if there is any doubt as to the benefits of the contents.