

Vitamin Supplements – Money Making Scam or Essential For Our Health?

By [Marguerita Vorobioff](#)

I used to believe that vitamin supplements were only necessary for people who didn't eat correctly. This was until I became a personal trainer and learnt a lot more about our bodies and how our modern day lifestyles are affecting our health and quality of life.

There are thousands of chemical reactions occurring in our bodies every second. To ensure these essential processes can occur, the body requires certain essential vitamins and minerals which can only be acquired from what we ingest.

When considering the roles vitamins play in our [health](#), it is important to know that:

- Nutrients do not act in isolation but require a variety of nutritional components to perform their functions.
- The foods we eat are deficient in many vitamins and minerals. [Organic foods](#) have a higher mineral content but still do not deliver what we require as they are still deficient compared with our food 50 years ago which had 50% more minerals. Farmers replace nitrates, phosphates and potassium, but neglect other essential nutrients in the soil.
- Cold storage and cooking also causes a significant reduction if not elimination of vitamins and minerals in food.
- Our bodies are placed under far more stress from our environment than was intended with the abundance of chemicals, toxins and radiation we are exposed to every moment of every day.

These are just a few of the reasons we now require nutritional supplementation in addition to a [balanced diet](#).

It was recognised by the United States Senate in 1936 that the soils in which produce were being grown were seriously deficient in essential nutrients for our health. This was the launch of the supplement industry.

For supplementation to be most effective, it must be taken over a lifetime. Antioxidants, vitamins and minerals are safe when taken correctly unless somebody has a condition that is reactive to a particular supplement.

When choosing a nutritional supplement, there are several critical factors to consider:

1. They must use high quality raw ingredients and manufacture them in such a way so as to maintain their integrity.
2. The supplement should be complete with all the necessary requirements for our health.
3. Mineral supplements should contain chelated mineral which are combined with an organic carrier and are more easily assimilated by the body.
4. The ingredients must be in **optimal**, not **RDA levels** - RDA (recommended daily allowances) refer to a minimum requirement to prevent deficiency diseases such as rickets and scurvy. These amounts are significantly lower than what the body requires for optimum health and disease prevention.

5. The company should follow pharmaceutical-grade manufacturing guidelines (not food grade).
6. The tablets must dissolve and be able to be easily absorbed by the body.

Unfortunately, many vitamin and mineral supplements do not supply the nutrients the body requires in optimum amounts or in a form that the body is able to assimilate into the cells.

Australia has some of the highest standards for manufacturing of nutritional supplements, and yet the industry is still poorly regulated.

Don't sell you health to the lowest bidder. Many cheaper brands of supplement are very poor quality and possibly a complete waste of your hard earned money. Although this may be an economic decision, it is important to think seriously about what value you put on your health and the fact that by purchasing the best product you can afford, you will be making a significant investment in preventing serious degenerative disease in the short and long term.

If you are on medication, you must always consult your doctor before taking any supplement to ensure that there is no contra-indication with your prescription.

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