

Title:

A New Way to Battle Fatigue

Word Count:

638

Summary:

taking the necessary vitamins and minerals helps

Keywords:

excessive fatigue, fatigue, muscle fatigue, muscle

Article Body:

About 20% of adults experience excessive fatigue that impairs their ability to function well a

Many people deal with fatigue and everyday stress by taking vitamin and mineral supplements. V

Our bodies need carbohydrates, fats, and proteins to speed up chemical reactions and allow our

In this day and age, it has become necessary to supplement our daily meals with vitamins, mine

1 Vitamin E ~ This vitamin can be found in plain yogurt, rice milk, calcium-fortified so

1 Vitamin A ~ This vitamin helps prevent cancer, heart disease, and eye problems. It als

1 Vitamin K - This vitamin is vital in bone mineralization, cellular growth, and the pr

1 Vitamin D - This vitamin is needed to absorb calcium and phosphorus, which, in turn,

1 MAGNESIUM ~ This mineral is needed for protein and bone formation. Magnesium gives us

1 CALCIUM - This mineral is vital for proper bone and teeth development.

1 POTASSIUM ~ It is a mineral that maintains fluid balance, sends nerve impulses, and re

There are other nutrients that should be included as part of our daily food intake. Vitamin C

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