

Title:

Details About Vitamins Supplements

Word Count:

355

Summary:

There is a need to integrate the use of vitamin supplements into our daily way of life. Most d

Keywords:

best, way, to, take, vitamin, supplements, liquid, nutritional, vitamin, diet, supplements, supplement, g

Article Body:

Oil vs. Dry or Water-Soluble

The oil-soluble vitamins, such as A, D, E, and K, are available and advisable in “dry

Synthetic vs. Natural and Inorganic vs. Organic

Synthetic vitamins might be less likely to upset your budget but not your stomach.

When I’masked if there’s a difference between synthetic and natural vitamins, I us
same, but there’s more to natural vitamins because there’s more to those substance

Synthetic vitamin C is just that, ascorbic acid and nothing more. Natural
C from rose hips contains bioflavonoids, the entire C complex, which make
the C much more effective.

Natural vitamin E, which can include all the tocopherols, not just alpha, is more potent and b

According to Dr. Theron G. Randolph, noted allergist: A synthetically derived substance may ca
when the same material of natural origin is tolerated, despite the two substances having ident

On the other hand, people who are allergic to pollen could experience an
undesirable reaction to a natural vitamin C that had possible pollen impurities.

Nonetheless, as many who have tried both can attest, there are fewer gas-
trointestinal upsets with natural supplements, and far fewer toxic reactions when taken in hig

The difference between inorganic and organic is not the same as the one
between synthetic and natural, though that is the common misconception. All
vitamins are organic. They are substances containing carbon.

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