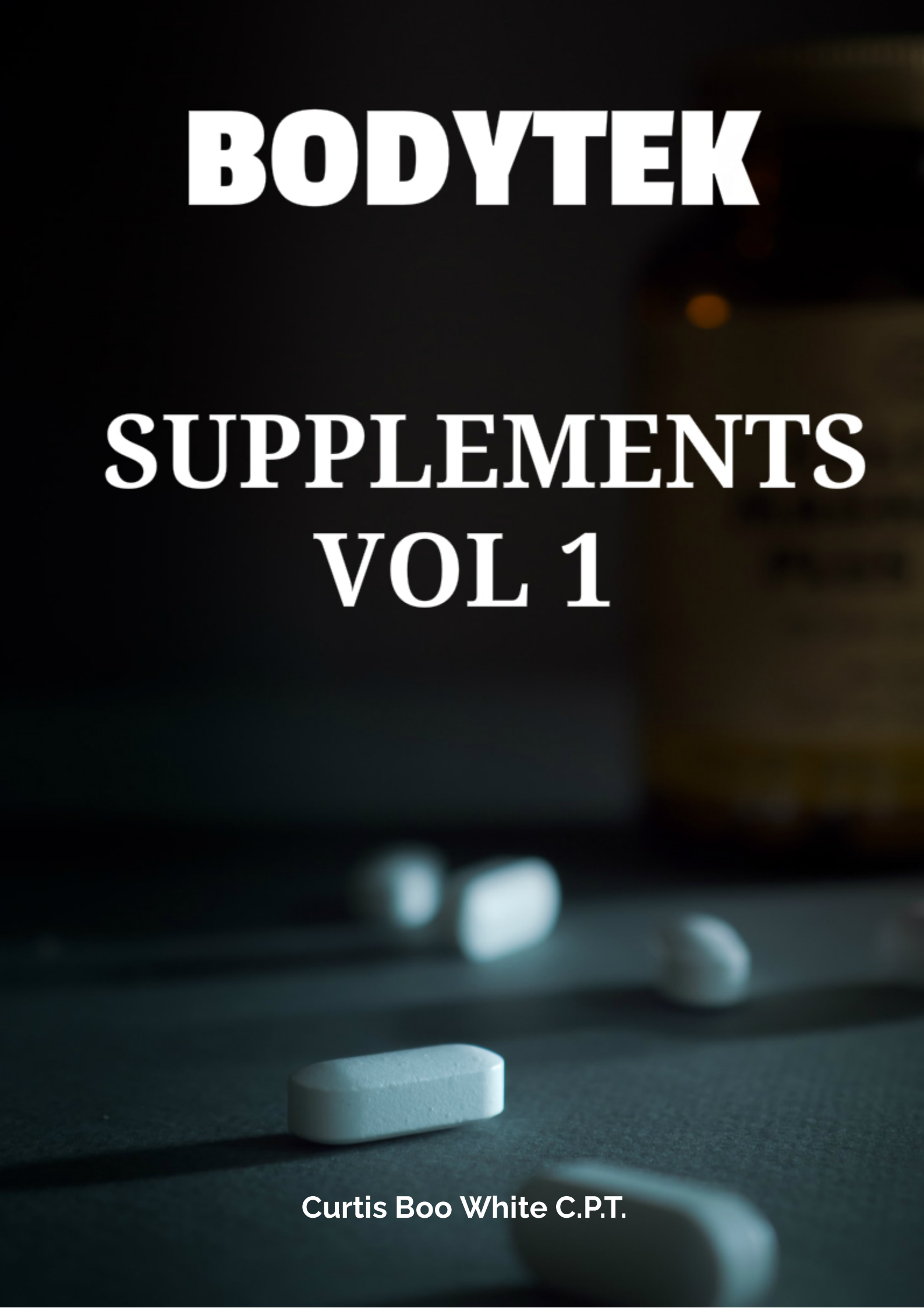
BODYTEK

SUPPLEMENTS VOL 1



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Antioxidant Supplement

The focus of research on vitamins these days is how antioxidant supplements may play a role in reducing the risk of cardiovascular disease. Antioxidant supplements – E, C, and beta-carotene (a form of vitamin A) – have potential when it comes to health promotion. However, most data available about such health promoting properties of antioxidant supplements are incomplete. And only up to 30 percent Americans are taking some form of antioxidant supplements.

But what exactly are antioxidants and how important are they?

Antioxidants come in two forms. They can either be vitamins or minerals. They help prevent oxygen from reacting with other chemicals in cells. Such reactions – called oxidation – could lead to cell damage which may result in heart disease and cancer.

Antioxidants can be found in a variety of foods, but they are far more common in fresh fruits and vegetables. A health diet of fresh produce could lead to high levels of antioxidants in your body, which could only mean one thing – less free radicals (those harmful molecules that cause cell damage) and a healthier you.

When antioxidants start to work, they destroy the free radicals or break the chain. You see, here's what happens when you have lots of free radicals in your body. Because they are highly unstable, these free radicals have the tendency to steal or get electrons from stable molecules and in so doing, make those molecules unstable as well, turning them into free radicals. This becomes a long chain and will go on and on until such a chain in broken. This is where antioxidants come in whose sole function is to break the chain and neutralize free radicals.

During the process of neutralization, the antioxidants are neutralized themselves. Hence, they also become oxidized. That is why the body needs a constant source of antioxidants in order to keep combating these harmful free radicals and stop them from multiplying.

With the kind of diet most of us have these days, it is very likely that we may not be getting enough antioxidants from the foods that we eat. And remember that the body needs to replenish its levels of antioxidants constantly. This is where antioxidant supplements come in.

Because the body may not be getting enough antioxidants because you don't enough fruits or you don't eat a lot of vegetables, you therefore need an alternate source such as antioxidant supplements.

Antioxidant supplements are that source. And while antioxidant supplements can't very well take the place of natural antioxidants, they can however aid in increasing the level of antioxidants in your body.

Are Mega-Doses Of Vitamins Safe?

In today's health-conscious society, much attention has been paid to vitamin supplementation and the role it plays in total body health. In addition to promoting optimum wellness, vitamin supplements are taken for reasons such as protecting the heart, reducing the risk of cancer, boosting the immune system, relieving the symptoms of PMS, alleviating depression and anxiety, improving the memory, and even weight loss.

There have been some publicized theories that advocate the use of extremely high doses, or mega-doses, of certain vitamins. Care should be taken when considering this kind of supplementation. While some vitamins are safe in large doses, others can be harmful. Here are the most commonly used vitamins and the safest maximum doses for each:

Vitamin A - Vitamin A is a fat-soluble compound that is crucial for healthy vision, cell growth, and immune system function. Vitamin A should not be taken in excess of 10,000 IU which is twice the daily recommended allowance for adults.

Vitamin B6 - Vitamin B6 is a water-soluble vitamin that is required for protein metabolism, the delivery of oxygen to cells, and the regulation of blood glucose. Excessive Vitamin B6 can cause debilitating and dangerous nerve damage. Do not exceed 100 mg of Vitamin B6 per day.

Vitamin B12 - Vitamin B12 is essential to healthy red blood cells and nerve cells in the body. Vitamin B12 also plays a vital role in the creation of human DNA. Although this compound is well-tolerated and has a low level of toxicity, it is recommended that you do not exceed 3,000 mcg per day.

Folic Acid - Folic acid contributes to the development of DNA, and is also needed for the metabolism of important amino acids. It is especially crucial for pregnant women. Folic acid has a low toxicity level, however the recommended maximum dose for adults is 1,000 mcg.

Vitamin C - Vitamin C is necessary for the production of collagen, growth and repair of the body's tissues, and a healthy immune system. However, too much Vitamin C can cause harmful oxidation in the body. No more than 2000 mg per day should be consumed.

Vitamin D - Vitamin D is essential for normal levels of phosphorus and calcium in the blood. Vitamin D is an important contributor to strong bones and teeth. Excessive Vitamin D intake (more than 10,000 IU) can lead to bone pain, nausea, vomiting, and even kidney stones.

Vitamin E - Vitamin E is an antioxidant that helps protect the body against free radicals. However taking more than 1,000 mg can cause heart problems and excessive bleeding.

Are You Getting Enough Vitamin B?

Vitamins are chemical compounds the body cannot make itself and that must therefore be supplied. Besides fat, carbohydrates, proteins (amino acids), minerals and trace elements, we must ingest these with our foods or with supplements.

Vitamin B complex comprises a number of vitamins that exist as a family. They should not be taken individually. In this modern era, millions of people suffer from a deficiency of vitamin B for several reasons, chief among which are: stress, processed foods in the diet, toxins, refined sugar, drugs, cooking, malnutrition.

Deficiency of vitamin B leads to anemia and neurological disorders; deficiency in children can cause profound damage, much of which is reversible.

A normal level of serum vitamin B does not guarantee adequacy, methylmalonic acid concentrations (either serum or urine) are a much more reliable metabolic measure of vitamin B metabolism. People following a pure vegetarian (vegan) diet are at high risk (>50%) for metabolicvitamin B deficiency.

Vitamin B is found in all animal products (liver, muscle flesh, eggs, and dairy products are sources, in order from richest to poorest sources).

Plant foods contain little if any active vitamin B; produce grown in soil fertilized with cow dung may contain more B than commercially grown produce.Other good B vitamin sources are: baked potato, banana, spinach, soybeans, wheat germ, cantaloupe, tuna in water, navy beans, bok choy, avocado, sunflower seeds, chicken breast, turnip greens etc.

Probiotic supplements are not a sufficient source of vitamin B; some products work better than others. A deficiency of vitamins B can increase your risk of heart disease. They help keep a substance called homocysteine in check by breaking it down. If the homocysteine levels go too high, your blood may clot easier which increases the likelihood of a heart attack or stroke.

There are many ways to getting enough B vitamins: eat a variety of fresh fruits and veggies, choose dark green leafy types, not pale green ones, eat whole grains like brown rice, whole wheat pasta, whole grain cereals, oatmeal and barley instead of those with refined white flour, eat beans (or split peas) every day.

Benefits Of Vitamin B12

Vitamin B12 is a safe, reliable and inexpensive vitamin. For health-conscious individuals, a regular intake of a prescribed amount of vitamin B12 is a key element for preserving a balance in the human body. B12 could be obtained from food sources or could be taken in the form of supplements orally or via injections.

In combination with other B-group vitamins, vitamin B12 ensures the smooth functioning of vital life processes of the human body. It is important for maintaining a healthy nervous system and DNA production. Vitamin B12 helps to regulate the formation of red blood cells in the body. Other benefits of vitamin B12 include its role in maintaining and increasing energy levels in the human body.

Vitamin B12 is highly beneficial in various forms. Methylcobalamin, the coenzyme form of vitamin B12 is a body-friendly version, which means that no metabolic steps are required for its ingestion and it can be used it in its normal form. It is available as a sublingual tablet that dissolves under the tongue (because the digestive system might modify this molecule). Through this method, vitamin B12 can directly penetrate the bloodstream and yield numerous benefits. Hydroxocobalamin is another form of vitamin B12 that has been recognized as an effective cure for cyanide poisoning.

Research studies reveal a clear, inverse correlation between homocysteine (an amino acid found in the human body) levels and vitamin B12 levels. Blocking the formation of homocysteine leads to endothelial dysfunction (a narrowing of the arteries) and is a precursor of atherosclerosis; vitamin B12 helps to curb atherosclerosis. A supplement of vitamin B12 also augments the efficiency of folic acid's capacity to lower homocysteine levels. Researchers are of the opinion that in conjunction with folic acid, an adequate dose of vitamin B12 helps to counter heart diseases and thrombosis. The synthesis of S-adenosylmethionine (SAMe), a compound involved in immune function and mood, depends on the association of folate and vitamin B12.

Studies indicate that absorption of Vitamin B12 decreases with an increase in age. Hence, an increased intake of vitamin B12 is extremely useful for adults above fifty. The recommended form of intake is in supplement form, since elderly people absorb this form better than food forms of vitamin B12. A supplementation of vitamin B12 aids in the cognitive function and heals neurological impairment within this group.

In most cases, vitamin B12 should be taken in conjunction with a folic acid supplement and a B-Complex vitamin. The good news is that while an intake of vitamin B12 facilitates functions necessary for everyday existence, an extra dose causes no harm but instead could be stored for future use.