

Ingredients of Alive Vitamins

If you ever wondered why someone doesn't just go and make a food supplement that has everything you could ever need for good health and proper nutrition all in one tablet, you need to learn a bit about Alive Vitamins from Nature's Way. It appears that this is exactly what Nature's Way has done here. There is a little bit of just about everything packed into this product. The dose is three tablets a day and here is a look at some of what this provides. You are going to get vitamins, amino acids, fruits, vegetables, green foods, myco nutrients, antioxidants, and other specialty nutrients. The vitamins alone are impressive. You receive 100% of the daily recommended amount of vitamins D and K. Vitamins C and E are from six times to ten times the daily recommended amount. Thiamin and Riboflavin are also high about the recommended amount. It is possible to get this type of vitamin supply from many discount vitamins, but the vitamin totals is just the tip of the surface in Alive Vitamin tablets. Minerals are another important and necessary nutrient, and Alive Vitamins offers 100% of the bodies need for iodine, zinc, selenium, copper, magnesium, chromium, and molybdenum. The green foods mix includes alfalfa, barley grass, dandelion, and wheat grass. The vegetable blends are made from juice powder. The juices that are present in powdered form come from parsley, kale, spinach, brussel sprouts, asparagus, broccoli, cauliflower, beets, carrots, and cabbage. The orchard fruit blend is also made from juice powder. It contains plum, cranberry, blueberry, strawberry, blackberry, bilberry, cherry, apricot, papaya, orange, grape, and pineapple juices. There is also a Digestive Enzyme Blend, an Omega Fatty Acid Blend, and several amino acids. The citrus bioflavonoid complex includes lemon, lime, and grapefruit juices. Another grouping of nutrients is the Myco Defense Mushroom blends. Alive vitamins come in two basic types. One contains iron, and the other does not. Outside of the iron, there is only a little difference between them. The tablets containing iron are a risk for small children, and must be kept from them. The only other warning that relates to the ingredients is a caution for pregnant women to avoid doses over the recommended limits. This is due to a large amount of vitamin A from retinol. Such excessive doses have been known to cause birth defects. The suggested dosage is three tablets per day. It is hard to imagine a more complete nutrient mixture than Alive Vitamins.

About the Author

Balance Mind, Body and Soul is a program supporting Sodexo guests with the latest in nutrition and health information. This web site is intended.

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