

Boron Citrate Nutrition

Boron Citrate, the fifth chemical element, is also a trace nutrient found primarily in fruits and vegetables. Prunes, grapes and raisins, dates, apples, pears, grains and soybeans, almonds and other nuts, and unprocessed honey all contain boron. Boron citrate, when taken in the recommended dosage of from 3 milligrams to 9 milligrams daily, has a variety of benefits. Boron citrate, by activating Vitamin D and estrogen, helps prevent or alleviate the effects of osteoporosis in post-menopausal women. Boron, by increasing cognition, may prevent memory loss and be valuable in the treatment of Alzheimer's disease. It has also been known to relieve the symptoms of arthritis. Boron citrate is available in 3 milligram capsules and 3 milligram and 6 milligram tablets. Although safe when taken at the recommended doses, boron can, in amounts over 500 mg, cause side effects, including loss of appetite and digestive problems. Acute boron toxicity produces nausea, diarrhea, and abdominal cramping. Chronic toxicity also causes nausea, diarrhea, poor appetite and weight loss. Boron deficiency contributes to Vitamin D deficiency which can lead to brain wave alteration, arthritis and joint swelling. While boron deficiencies are relatively rare, you should consult your doctor, who can provide you with the appropriate information and support, if you think you are suffering either from a deficiency or overdose of boron. And if you are thinking of including a Boron Citrate supplement in your nutritional regime, your doctor will work with you to find a vitamin and supplement regimen that is just right for you. Don't make any changes until you consult with him or her. And, to prevent negative interactions, let your doctor know of any illnesses you have or have had, and all medications (including over the counter) that you are taking. The comprehensive nutrient supplement Total Balance contains Boron Citrate, and over seventy other necessary nutrients. Total Balance, produced by the New Zealand company Xtend-life Natural Products, possesses a Certificate of Analysis guaranteeing its potency. Xtend-life also maintains pharmaceutical GMP compliance, the world's strictest manufacturing standards for dietary supplements, and use only standardized herbal extracts, containing the herb's active ingredients, in their formulas. Xtend Life has the best money back guarantee for nutrient supplements which is a full year with an entire refund with no questions asked. Xtend-life offers timely delivery, reasonable shipping costs and a generous one-full-year, no questions asked money back guarantee. To avoid serious problems with your prescription medications, consult with your doctor before you begin to include this, or any new supplement or over-the-counter medication, in your diet.

About the Author

Have students find words related to nutrition hidden in a puzzle. Have students build personal nutrition pyramids by tracking their diets for a day.

Source: <http://www.productsherbal.com>