

What Are the Top Dietary Supplements?

Top dietary supplements are popular because of they augment insufficient regular diet to help people maintain a healthy body and an active lifestyle. If you put your health at the top of your priorities, then you should consider boosting your diet with the right supplements. But before taking anything, you need to have a basic knowledge of the top dietary supplements – this will help you determine what would be more beneficial for you and what products you can do without.

- 1. Vitamin B-complex**Vitamin B-complex is an umbrella term for all known important water-soluble vitamins with the exemption of vitamin C. It includes riboflavin (vitamin B2), thiamine (vitamin B1), niacin (vitamin B3), pyridoxine (vitamin B6), pantothenic acid (vitamin B5), folic acid, biotin, and the cobalamins (vitamin B12). They are important for energy production, metabolism, and other additional functions.
- 2. Calcium**Calcium is the most abundant and essential mineral of the human body. Some 99% of the calcium present in the body can be found in the bones and teeth (as it is the primary ingredient needed to form bones and teeth). Other important functions of this top dietary supplement include blood clotting, transmission of nerve cell signals, and muscle contraction.
- 3. Co Q10**The primary function of the CoQ10 is to transform food into adenosine triphosphate (ATP), which is the energy needed by the body to run and perform its tasks. It is also an antioxidant that gives protection against free radicals that can damage muscles, as well as preserve vitamin E. Vitamin E is known as the major antioxidant for cell membranes and blood cholesterol.
- 4. Glucosamine and chondroitin**These two top dietary supplements are the building blocks of connective tissues which is the most vital components of the joints. Consequently, glucosamine and chondroitin is found to be effective in treating osteoarthritis.
- 5. Iron**As an essential mineral, iron contains hemoglobin that carries oxygen through the blood as well as myoglobin that helps muscles to store oxygen. They are important in keeping oxygen circulated and used throughout the body.
- 6. Multiple vitamin-mineral supplements**Known as MVMs, these top dietary supplements offer a convenient way to take a variety of supplemental nutrients in one product. However, they contain both the necessary and unnecessary nutrients.
- 7. Soy**A staple food in a lot of Asian countries, soy contains protein, isoflavones, saporins, and phytosterols. These top dietary supplements give the essential amino acids and is also low in fat as well as free of cholesterol.
- 8. Vitamin A**Vitamin A has a lot of uses: (1) it aids in the normal production of cell; (2) it helps in maintaining healthy vision; (3) it aids in the development of the embryo and fetus; and (4) it is important for normal reproductive function.
- 9. Vitamin C**Researches have shown that vitamin C can prevent heart diseases as well as protect the body against free radicals. It is also showed to produce collagen and plays an important role in wound healing. Vitamin C also increases the production of liver bile.

IMPORTANT: To avoid taking harmful elements that may be part of dietary supplements that are contaminated with toxic materials like sand, only purchase your supplements from pharmaceutical GMP-compliant manufacturers.

About the Author

Offers vitamins and minerals, herbal supplements, health and beauty items, and weight loss products. Provides nutrition recommendations, resources.

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