

Your Multi Vitamin Is Not Enough!

Everybody should take a good multi vitamin each day. Taking that multi vitamin should become a habit - like brushing your teeth. However, one should never assume that they are getting all of the nutrients and minerals that they need, simply because they are taking a multi vitamin. In most cases they are not. It is very important to read the labels on the multi vitamin package. This labeling tells you how much of each nutrient or mineral each vitamin contains, and what percentage that amount is of that nutrient or mineral that is recommended by the USDA each day. If you read this label, you will notice that most of the minerals and nutrients do not say that they contain 100% of the USDA recommended dosage! For anything that does not say 100%, you need to find additional sources of those minerals and nutrients. Calcium, for instance, is one of the nutrients that your multi vitamin will not provide you enough of. Because people assume that it does, they often are surprised to find that they suffer from health issues that are caused by a lack of calcium. Calcium is a vital nutrient! We all know that calcium builds strong bones and teeth, but it also plays a vital role in other bodily functions as well, such as blood clotting, muscles contracting, nerve signals, and even in our hearts beating properly! Calcium also protects us from diseases such as Osteoporosis, which is a serious crippling disease that affects more than 44 million Americans. Wouldn't you hate to find out that you have a crippling disease just because you didn't read a label or because you didn't take preventative measures that were as simple as taking a supplement? There are many foods that contain calcium, such as dairy products, broccoli, rice, salmon, tuna, beans, nuts, seeds, oysters, shrimp, turnip greens, okra, other green vegetables, oranges, and figs, as well as many other foods, but how will you determine how much calcium is in the handful of nuts you ate, or in those turnip greens on your plate? Unless you carry a book around with you that has mineral and nutritional values of food in it, as well as a kitchen scale, figuring out how much of each mineral or nutrient is in the food you are eating is just about impossible. Most of us are way too busy for that - we are lucky if we have time for a home cooked meal! We certainly don't have time to weigh and measure everything! Make sure that you get the calcium that your body needs. Get a Calcium supplement made of all natural ingredients, so there are no side effects. Buy it if you can find it in a liquid form, it also should be taken with food. Instead of an after dinner mint, you can have a healthy dose of calcium to prevent health problems. Start reading the labels and doing the simple math. Make sure that you are getting the minerals and nutrients that your body requires. Your health, and your life, depends on it!

About the Author

Vitamins. We hear about them all the time, but how many of us really know. Vitamins are actually a group of chemicals that the body needs in very small.

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