

Our Guide - Daily Complete Vitamins

Including daily vitamins, which are designed to perform several important functions, in your lifestyle along with diet and exercise is one of the best ways to maintain good health. There are several benefits that vitamins offer. The most known are that they slow the process of aging, provide extra strength to the immune system, and increase your overall energy. And to make this a bit complex, there are a variety of vitamin formulas in the market. Sometimes it becomes difficult to decide which ones are best for you. So, here we are trying to make it easy for you by jotting down the daily complete vitamins that are designed for men, women or a particular age group. It is necessary to remember that vitamins designed for one group, may not be appropriate, or optimal, for another.

Daily Complete Vitamins for Men Vitamin B-complex formula (all of the popular B vitamins that are found to increase energy levels, including B6 and B12), is one of the common ingredient in vitamins that are designed for men. Additionally, they also contain Biotin (one of the most common uses is assistance with hair loss when the hair loss is caused by a deficiency of this vitamin) and Folic Acid (assists in generation of new cells in the body). Calcium, Magnesium, Zinc, Chromium and Selenium are usually used in vitamins for men in order to benefit their defense mechanism. Vitamin formulas for men also offer a wide range of other vital vitamins, including Beta-Carotene, and Vitamins C and E. Prostate cancer is one of the biggest killers in the western world, and is unique to men. Hence, this should be a major consideration when vitamins for men are in account. Therefore, daily vitamins for men should also contain prostate health promoting herbs and nutrients, such as beta sitosterol, saw palmetto, and lycopene.

Daily Complete Vitamins for Women It is believed that women do not take enough of Calcium and Vitamin D, thereby putting them to a greater risk of bone loss later in their life. Hence, vitamins designed with women in mind tend to offer boosters of Calcium, Vitamin D, or a combination of the two. Other nutrients like magnesium and Vitamin A, which help in keeping the bones strong, are also offered in the daily vitamins for women. It is assumed that a good daily vitamin formula for women should also offer nutrients that help develop a healthy reproductive system. These nutrients include Folic Acid, Vitamins B6 and B12 (also energy contributors), Magnesium, Zinc and Calcium. In addition, the formula is also supposed to contain antioxidants (such as Vitamins A, C and E) that reduce free radicals in the system (which may help reduce signs of aging on the skin).

Daily Complete Vitamins for the Elderly The elderly usually need more attention and nutrition. Hence, vitamin supplements that are made for the elderly tend to include most of the nutrients that are commonly present in vitamins both for men and women. These also contain an additional element called Lutein and Zeaxanthin. These help the elderly to maintain healthy eyes and battles off macular degeneration. Macular degeneration is a very common age related eye disease that reduces the quality of life for many elderly.

Daily Complete Vitamins for Children Children need vitamins the most, the fact that they keeping growing and nutrients are vital for development of fit bodily systems, makes it even more important. A complete formula of daily complete vitamins for children should contain the following: Vitamin C (which contributes to developing and maintaining a healthy immune system, as well as healthy connective tissues); Calcium (which is needed for healthy bones and teeth, as well as normal functioning of the muscles and nerves); Omega 3 fatty acids (contribute to healthy functioning of the brain and nervous system); Fiber (necessary for both healthy bowel movements and healthy digestive systems). Additionally, they may also have nutrients that logically assist to advance mental function and attention span.

About the Author

Some vitamin supplements can increase your risk of death, say Danish.

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