

## Nutritional Supplements for Good Health

To attain and maintain good health, you need a complete and balanced diet together with regular exercise. But what if you cannot obtain a sufficient healthy diet through conventional food intake? There is the option – take nutritional supplements for good health.<sup>1</sup> What are nutritional supplements? Nutritional supplements for good health are nutrients which may include one or several of the following: vitamins, minerals, amino acids, fatty acids, and medicinal herbs or botanicals. They take the form of a pill, capsule, tablet, powder, or liquid, and can be sold as “nutritional supplements” or “dietary supplements.” Nutritional supplements for good health are not intended to replace a conventional meal or be made as a sole item in a diet; instead, depending on their formulation, nutritional supplements for good health can help protect against free radicals from damaging the body, boost the immune system, help fight stress, increase mental acuity, and slow down the degenerative process.<sup>2</sup> The effectiveness of nutritional supplements for good health Nutritional supplements that are marketed to promote good health are not intended as an absolute ‘cures.’ Even if you take them regularly, you do not completely eradicate your chances of acquiring certain diseases or conditions. At best, supplements lessen your chances of acquiring these diseases. The effectiveness of nutritional supplements for good health is still being researched however, and there is no clear-cut evidence that people who are taking these supplements are healthier and less prone to diseases than people who are not taking them. At this point, the effectiveness of supplements is generally speculation, and any ‘miracle’ or absolute claim should be viewed with some reservations. However, there is a direct link found between the presence of free radicals and certain diseases, making antioxidants present in nutritional supplements—found in vitamins, minerals, and herbs—potent in fighting against free radical damage. It is important to note however, that it is virtually impossible to completely rid the body of all free radicals.<sup>3</sup> Being safe Nutritional supplements for good health are unregulated by the Food and Drug Administration Board (FDA). They are not subjected to testing prior to marketing and sale. It is therefore important to choose supplements from a manufacturer that is reputable and GMP-compliant— this compliance is a sign that the product does not contain contaminants or prescription drugs, and that it contains the exact amount of ingredients and dosage indicated in the label (nothing less).

## About the Author

Health and fitness information, weight loss and Atkins diets, nutrition and. The latest in diet and fitness news, delivered straight to your Inbox with a.

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