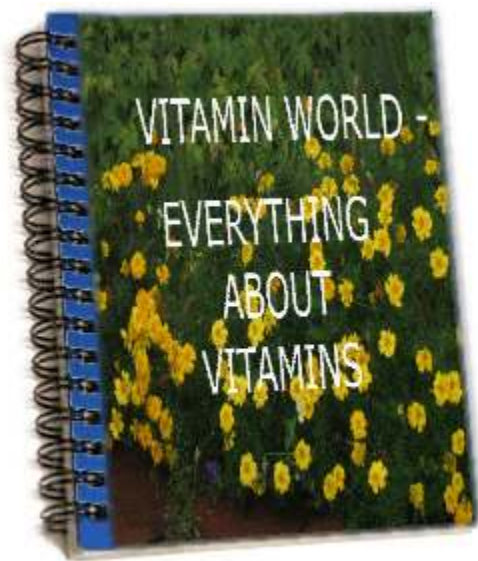


THE COMPLETE GUIDE TO
VITAMIN WORLD



EVERYTHING YOU EVER
WANTED TO KNOW ABOUT
VITAMINS

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An Overview of Vitamin World

Nutritional supplements are in huge demand and one of the most established companies in this competitive market is Vitamin World. Vitamin World is a well established manufacturer and retailer of nutritional supplements. There are over 550 Vitamin World stores in the United States. However, it is the online side of their business that is even more impressive. The Vitamin World website has an extremely efficient automated order fulfillment system that is extremely sophisticated. This allows Vitamin world to process orders and dispatch them to thousands of households across the country.

The manufacturing side of Vitamin World was established in the 1960s in Long Island, New York. Nowadays, vitamin world produces more than a thousand nutritional supplement products. The product range that Vitamin has is extremely extensive and includes vitamins, minerals and herbs in every available type including tablets, two piece capsules, soft gel capsules, powders and liquids. All of the Vitamin World products are manufactured in their own state-of-the art facilities in Long Island.

Vitamin World has grown into a well respected nutritional supplement provider and this is due, in part, to the millions of dollars that it has invested in the manufacturing and quality control aspects of the business. The demand for quality nutritional supplements is constantly increasing and Vitamin World keeps ahead of the trends with its own

scientists and researchers striving to develop new products to satisfy the needs of the public.

All of the Vitamin World products are developed in association with many state and federal agencies, including the FDA and the U.S. Pharmacopoeia (USP), to ensure that their test procedures guarantee their strength and beneficial qualities. This gives all Vitamin World customers the reassurance that their nutritional supplements are produced to the highest possible standards and with the greatest amount of purity available. The processes used by Vitamin World have become the benchmark for many other nutritional supplement manufacturers and retailers to aspire to.

Customers now have the choice of buying the Vitamin World products through a traditional store or in the comfort of their own home through the website. The efficiency of their website strives to deliver quality vitamin supplement products in the shortest time possible and guarantees full customer satisfaction. Vitamin World continues to develop new and more effective nutritional supplements and manufacture them in convenient forms to enable people of all ages to be able to have the nutritional health that their diet and lifestyle may not provide.

Glaceau Vitamin Water

An increasing number of people are becoming more conscious of the amount of vitamin intake that their diet does or does not provide and the need for new products, including vitamin water, that provide a convenient method of obtaining more of the essential vitamins is constantly being sought. One extremely popular brand of vitamin water is Glaceau Vitamin Water. This vitamin water is a low calorie nutrient enhanced water. The vitamin water is available in a number of different flavors and provides an extremely healthy alternative to other high calorie drinks.

The Glaceau vitamin water was developed by J. Darius Bikoff who wanted a vitamin enhanced drink that had a pleasant flavor. Unlike a lot of other so-called health drinks, the vitamin water is not overpowering but has a higher vitamin content than traditional drinks. The vitamin water is essentially biologically better water that ensures that a person has a sufficient intake of certain vitamins and minerals.

Glaceau vitamin water is an industry leader in enhanced water beverages and it is available in a wide variety of flavours including perform lemon-lime vitamin water, formula 50 vitamin water, defense vitamin water, vital-t vitamin water, endurance peach mango vitamin water, rescue green tea vitamin water, multi-v lemonade vitamin water, stress b lemon-lime vitamin water, revive fruit punch vitamin water, focus kiwi-strawberry vitamin water, essential orange-orange

vitamin water, balance cran-grapefruit vitamin water, power-c dragon fruit vitamin water and energy tropical citrus vitamin water.

The actual vitamin and mineral content of Glaceau vitamin water varies depending on the type. Here are some of the specific nutrition facts for a number of the flavors of Glaceau vitamin water available:

Defense

Calories 50; Total Fat 0g; Sodium 0mg; Total Carbohydrate 13g; Total Sugar 13g; Protein 0g; Vitamin C 60%; vitamin B3 10%; vitamin B6 10%; vitamin B12 10%; vitamin B5 10%, Zinc 10%

Vital-t

Calories 50; Total Fat 0g; Sodium 0mg; Total Carbohydrate 13g; Total Sugar 13g; Protein 0g; Vitamin C 60%; vitamin E 20%; vitamin B3 10%; vitamin B6 10%; vitamin B12 10%; vitamin B5 10%

Stress b lemon-lime

calories 40, total fat 0g, sodium 0mg, total carbohydrate 9g, sugar 8g, protein 0g, vitamin B2 25%, vitamin B3 25%, vitamin B5 25%, vitamin B6 25%, vitamin B12 25%, vitamin C 60%, st johns wort 25mg, kava kava 25mg

Revive fruit punch

calories 50, total fat 0g, sodium 0mg, potassium 30mg, total carbohydrate 13g, sugar 12g, protein 0g, vitamin A 10%, vitamin B3 10%, vitamin B5 10%, vitamin B6 10%, vitamin B12 10%, vitamin C 60%, vitamin E 10%, gotu kola 25mg, American ginseng 25mg

Every type of Glaceau vitamin water is made using distilled water and all natural flavorings to ensure that the beneficial effects of the vitamin enhanced drink are maximized.

Taking a Vitamin Supplement

There are a number of essential vitamins that the body needs to function properly and it is possible to take these in the form of a vitamin supplement. The majority of people do not have a balanced diet and they may be lacking in certain vitamins which means that they require a vitamin supplement to ensure that they do not have a deficiency of an essential vitamin. A health professional or dietary technician is the best person to give advice on any vitamin supplement that a person should take. It is important to seek professional advice before taking any vitamin supplement. This is because there are some vitamins that can be toxic if too much is consumed and a vitamin supplement may not be appropriate if there is enough of the vitamin already in the food a person eats.

Some categories of people may require more types of vitamin supplement than others. Vegetarians are often deficient in certain vitamins that are only found in animal products, for example, and a vitamin supplement is the ideal solution to this problem. Vegetarians do need to be aware that some vitamin supplement manufacturing processes involve animal products and it is important for them to read the labels. A large number of synthetic vitamin supplement products are available which will enable a vegetarian to take them without contravening their dietary beliefs or needs.

Children will often need a vitamin supplement, especially when they are extremely young. This is because a lot of children do not eat a sufficient variety of foods in their early years and a vitamin supplement can help compensate for this natural deficiency. Breast feeding has long been recommended as a source of all the essential nutrients but women who choose not to or are unable to bottle feed may be concerned as to whether their baby needs a vitamin supplement. The large majority of baby milk formulas contain additional vitamins to prevent the need for a vitamin supplement to be given. It is important to discuss any concerns over the need for a baby or child to take a vitamin supplement with a health professional to ensure that the correct solution is found.

Elderly people or those suffering from certain diseases or illnesses are other groups of people that may need to take a vitamin supplement. The body may often need a vitamin supplement to compensate for a person not being able to consume the recommended daily allowance of certain vitamins through their normal diet.

All About Vitamin A

Vitamin A was given the first letter of the alphabet for a name because it was the first vitamin to be discovered. It was found that vitamin A has a large number of uses in the body including keeping eyes healthy, aiding cell growth and also helping boost the immune system. However, vitamin A is not only absorbed directly but it is also created by the body by converting beta carotene into vitamin A.

Vitamin A itself is found in a number of foods such as eggs, milk, liver and meat. Beta carotene that the body can convert into vitamin A is found in many fruits and vegetables, especially the red, orange and green colored ones. The most important point to remember that consuming too much pure vitamin A can be toxic. It is essential not to exceed the recommended daily allowance for vitamin A. The actual recommended allowance of vitamin A varies depending on a person's age, sex and other factors. While the actual amount of vitamin A consumed may be toxic if the recommended daily allowance is exceeded, there is a far higher limit to how much beta carotene can be consumed. Therefore it is advisable to concentrate on obtaining the greatest amount of beta carotene which the body can then convert to vitamin A, rather than consuming vast quantities of pure vitamin A rich foods.

Many people will remember being told that eating lots of carrots helps you to see in the dark and that is down to the vitamin A that is

produced from the high levels of beta carotene that are found in the vegetables. Other foods which have high levels of beta carotene that can be converted to vitamin A include tomatoes and dark green leafy vegetables, such as spinach. Beta carotene is not only used to form vitamin A, but it is also a powerful antioxidant in itself. None of the beta carotene that is absorbed is wasted as any excess after conversion to vitamin A has taken place is used to fight the harmful free radicals within the body. Vitamin A also helps fight infections and illnesses by helping tissues that line various parts of the body, including the eyes, mouth, nose, throat and lungs, to grow and also to repair them if they are damaged to prevent infection. Children also need plenty of vitamin A to help their bones and teeth to develop properly.

How to Store Vitamins

There are two main types of vitamins, water soluble vitamins and fat soluble vitamins, and the way that the body does or does not store vitamin content taken from food depends on which type it is. The body cannot store water soluble vitamins and this means that a person needs to replenish their water soluble vitamin intake on a daily basis. The eight B vitamins and vitamin C are water soluble vitamins and the body cannot store vitamin content that is either of these.

It is not simply that the body cannot store vitamins that are water soluble but also the water soluble vitamins are easily destroyed by improper storage, handling, or cooking of foods that contain these vitamins. In particular, it is important not to overcook vegetables by boiling as the water soluble vitamins are in effect washed out of them but this lack of being able to store vitamins that are water soluble can be overcome by light cooking or steaming and by using the water that vegetable have been cooked in to form sauces and gravies. As the body cannot store vitamin C or the other water soluble vitamins it is essential to eat a balanced diet with at least 5 portions of fruit and vegetables to ensure that enough vitamins are available for the body to use when necessary and a person does not suffer from a vitamin deficiency due to the body's inability to store vitamin content.

On the other hand, the body can store vitamin content that is fat soluble. The body will store vitamin content in the fat cells so that it

can be used when required and a person does not need to consume as many of these fat soluble vitamins on as frequent a basis as they do with water soluble vitamins. The fat cells store vitamin A, D, E, and K as these are all fat soluble vitamins.

It is also important to store vitamin supplements correctly to ensure that the beneficial qualities of these are not diminished. The best way to store vitamin supplements is in a container with a screw top lid and to keep the container in a dry place. When you store vitamin supplements it is also essential to check that they have not been kept longer than the expiration date. The vitamin content of supplements cannot be guaranteed if you store vitamin tablets past their use by date.

How to Find Shop Vitamin Supplements

In order to satisfy the increasing demand for healthy products and vitamin supplements, shop vitamin supplement outlets specialize in selling vitamin supplements to consumers. Originally the only place to find shop vitamin supplements was through a medical practitioner providing a prescription that had to be filled at the local drug store. As the research into the benefits of vitamin supplements became more in depth the drug administration allowed for the production of shop vitamin supplements that could be bought over the counter without the need for a prescription. This led to shop vitamin supplements being widely available in grocery stores and even gas stations, especially for the most commonly required shop vitamin supplements such as vitamin C. The production of shop vitamin supplements has increased to such a level that there are now specific shop vitamin supplements available to cater for different age groups, including children and the over 50s. The increase in demand for shop vitamin supplements does not seem to be decreasing but the variety and choice available to consumers is constantly being improved.

The laws governing the sale of drugs have led to many companies diversifying their businesses to concentrate on selling shop vitamin supplements. This has been one of the main reasons for the appearance of a number of internet based businesses selling a wide variety of shop vitamin supplements. The sales tactics for these websites are becoming increasingly more dubious with the promise

that some of their shop vitamin supplements can cure almost any illness or condition. The regulation of these internet shop vitamin supplements is constantly being found to be lacking and the federal drug administration is powerless to prevent some of these sites from making false claims. It is therefore down to the consumer to research the claims of these store vitamin supplement manufacturers and to make their own judgment as to the validity of the sales pitches. The most important factor to consider is the possible overdose effects that some of these shop vitamin supplements can have. There are a number of vitamins that can actually be toxic if consumed in too high a quantity and a person should always obtain professional medical advice before consuming any form of store vitamin supplement whether it claims to be from natural sources or not. This applies to shop vitamin supplements that are purchased from a specialist vitamin supplement retail outlet, grocery store or internet company.

Prenatal Vitamin Supplements

Prenatal vitamin supplements are vitamin supplements that a woman can take on a daily basis to ensure that she is obtaining appropriate quantities of essential nutrients during pregnancy. It is important for a woman to discuss with her medical practitioner which prenatal supplements, if any, she should take and which she should avoid. It is essential that all prenatal vitamin supplements are only taken under the advisement of a medical professional. There are some prenatal vitamin supplements that can prove dangerous for a pregnant woman to take and she has to be especially cautious.

The most important point to consider when deciding which prenatal vitamin supplements to take is which one contains certain nutrients that are beneficial to the woman and her developing baby. The majority of adults do not need additional vitamins as they receive sufficient from a balanced diet but a pregnant woman often needs prenatal vitamin supplements, especially for folic acid and iron. However, it is essential that she ensures that the prenatal vitamin supplements that she takes to provide one particular nutrient do not contain potentially harmful amounts of another.

One of the most toxic types of prenatal vitamin that a pregnant woman has to be extremely cautious of is vitamin A. For this reason the most suitable prenatal vitamins for pregnant women who require extra vitamin A are those which contain vitamin A in the form of beta-

carotene. Beta-carotene is a nutrient that is found in fruits and vegetables and is converted into vitamin A in the body. Prenatal vitamin supplements that contain vitamin A from animal products can cause birth defects when taken in high doses during pregnancy but beta-carotene is a much safer prenatal vitamin as it is not toxic in high doses.

It is essential that a woman discusses prenatal vitamin supplements with her health practitioner at her first prenatal check-up. They can examine her current dietary requirements and assess whether prenatal vitamin supplements are necessary to increase the amount of nutrients that she has available for her baby. Often a doctor will recommend that a pregnant woman takes a course of a folic acid vitamin supplement during the first trimester of her pregnancy. Folic acid is the most commonly prescribed prenatal supplement for the months prior to becoming pregnant as well and it is essential for the health and growth of the baby, especially the brain functions. Iron is another prenatal vitamin supplement that is recommended to prevent the mother suffering from anemia due to the demands that the baby puts on her iron consumption.

Natural Vitamin Sources

There are a lot of people who do not have enough natural vitamin sources in their diet and therefore suffer from a deficiency of one or more vitamins. Obviously, it is possible to buy vitamin supplements to help overcome any deficiencies but for the majority of people it should be possible for them to obtain the majority of their recommended daily allowance of vitamins from natural vitamin sources. The key to gaining the correct amount of vitamins from natural vitamin sources is to eat a healthy and balanced diet.

There are certain diets, such as vegetarian, that provide a limited number of natural vitamin supplements and therefore a supplement may be necessary. Also, the intake required of these natural vitamin sources at certain periods may need to be increased and a supplement may be the best option. It is important to be aware of each of the different types of vitamins and their best natural vitamin sources so that a person can incorporate as many of these as possible into their regular diet. Water soluble vitamins cannot be stored in the body and need to be replenished on a daily basis so it is natural vitamin sources for these vitamins that are the most essential to know.

- Natural vitamin B1 sources are brewer's yeast, whole grains, blackstrap molasses, brown rice, organ meats, egg yolk

- Natural vitamin B2 sources are brewer's yeast, whole grains, legumes, nuts, organ meats, blackstrap molasses
- Natural vitamin B3 sources are lean meats, poultry & fish, brewer's yeast, peanuts, milk, rice bran, potatoes
- Natural vitamin B4 sources are egg yolks, organ meats, brewer's yeast, wheat germ, soybeans, fish, legumes
- Natural vitamin B5 sources are organ meats, egg yolks, legumes, whole grains, wheat germ, salmon, brewer's yeast
- Natural vitamin B6 sources are meats, whole grains, organ meats brewer's yeast, blackstrap molasses, wheat germ
- Natural vitamin B7 sources are egg yolks, liver, unpolished rice, brewer's yeast, sardines, legumes, whole grains
- Natural vitamin B8 sources are whole grains, citrus fruits, molasses, meat, milk, nuts, vegetables, brewer's yeast
- Natural vitamin B9 sources are dark-green leafy vegetables, organ meats, root vegetables, oysters, salmon, milk
- Natural vitamin B12 sources are organ meats, fish, pork, eggs, cheese, milk, lamb, bananas, kelp, peanuts

- Natural vitamin B13 sources are root vegetables, liquid whey
- Natural vitamin B15 sources are brewer's yeast, rare steaks, brown rice, sunflower, pumpkin & sesame seeds
- Natural vitamin B17 sources are whole kernels of apricots, apples, cherries, peaches, plums
- Natural vitamin C sources are citrus, cabbage family, chilli peppers, berries, melons, asparagus, rose hips

The Benefits of Multi Vitamin Supplements

The majority of people do not eat a sufficiently balanced diet to provide them with all of the vitamins that they require and this has led to a boom in the multi vitamin supplement industry. Multi vitamin supplements are available in a number of different forms, including tablets, gel capsules and even liquids. Of course the most obvious benefit to taking multi vitamin supplements is convenience. It is far easier for a person to take one dose of a multi vitamin supplement that contains all of the necessary vitamins compared to taking each one individually. This is especially the case for children as it can be difficult for them to take a large number of vitamin supplements but one dose of a multi vitamin supplement is far easier. Of course, a liquid multi vitamin supplement is the most suitable form for children but it is also beneficial to anyone who has difficulty taking supplements in traditional tablet form.

The increase in the availability of multi vitamin supplements has led to a great variety in the brands and also the actual content of the multi vitamin supplements. The names of some of the nutrients in these multi vitamin supplements can be a little bewildering and many people simply do not know which ones they require. To make the decision simpler there are now a number of multi vitamin supplements created for specific people. For example, there are multi vitamin supplements that are designed for children. These multi vitamin supplements contain the specific nutrients that children need for them to grow and

develop properly. Pregnant women have unique nutrient requirements to ensure that their baby receives the necessary nutrients and there are multi vitamin supplements prepared for pregnant women. As we get older we also have different nutrient requirements and multi vitamin supplements for the elderly are a popular product.

It is important to consider the contents of any multi vitamin supplement before consuming too many. There are some vitamins that can be toxic if too much is absorbed and this can occur more easily with multi vitamin supplements as some of the content may be overlooked. The labeling of the actual percentage of the recommended daily allowance for each vitamin in a multi vitamin supplement should be clearly labeled and must be assessed before a person takes them. Always seek professional medical advice before taking any multi vitamin supplement if there is any doubt as to the benefits of the contents.

Mineral Vitamin Supplements

The majority of mineral vitamin supplements are made from chemicals rather than natural substances. However, there is a steady growth in the demand for natural mineral vitamin supplements. This is due to the amount of debate that there is as to whether chemical mineral vitamins can be more harmful than beneficial in the long term.

The fact is that chemical mineral vitamin supplements are not as easily absorbed as normal food particles are. The mineral vitamin industry is constantly striving to create products that are more easily processed by the body and therefore more beneficial.

Every now and then the industry comes up with a new 'more bio-available' form of a vitamin or mineral. To overcome this, a large number of mineral vitamins have been developed that combine other elements with the vitamins and minerals to enable them to be more easily absorbed by the body. Iron is commonly combined to form iron gluconate which enable the mineral vitamin supplement to be more absorbable.

The amount of a nutrient in a mineral vitamin supplement needs to be far greater than it would be in a more natural form for the body to be able to absorb the amount that is required. This can obviously lead to problem where a toxic level of the particular nutrient is being consumed by the large doses of the mineral vitamin supplement that

are needed. It is therefore extremely important that a person does not simply take vast quantities of all of the mineral vitamin supplements that are advertised on television and should seek advice from a health professional. It is also worth being aware of the developments in the mineral vitamin supplement industry as there are constantly new and better combinations being developed.

One method that mineral vitamin manufacturers have developed to help aid absorption is through culturing the raw materials with yeast cells. This form of mineral vitamins are known as 'food state' and are up to four times easier for the body to absorb the required nutrients as the yeast is completely digested.

Of course, the need for mineral vitamin supplements depends on the diet that a person has. There is no doubt that it is far more preferable for a person to obtain the nutrients that they require from their food rather than by taking mineral vitamin supplements wherever possible. During certain periods it may be necessary for a person to take mineral vitamin supplements on a temporary basis but their long term use is not recommended for a number of the supplements that are available.

Liquid Vitamin Supplements

Most people do not realize that the body can absorb the nutrients from liquid vitamin supplements easier than from tablets. It is estimated that liquid vitamin supplements are actually absorbed at least five times better than regular vitamin pills. Of course, there are many other benefits that liquid vitamin supplements have over pills. For example, the liquid vitamin supplements are easier to swallow. This alone makes liquid vitamin supplements preferable to pills, especially for children and anyone else who has trouble taking pills of any type.

Young children are often unable to gather sufficient nutrients from the foods that they eat but it is almost impossible for them to take vitamin supplements in pill form. Liquid vitamin supplements are ideal because they can be given by a dropper, straight into the child's mouth or even added to their regular bottle of water or juice to ensure that they receive all of the vitamins that they need to grow. For exactly the same reason, liquid vitamin supplements are perfect for anyone who is unwell and not able to eat properly.

Despite the best efforts of most people it is likely that most are not getting sufficient vitamins and minerals from their diet and that is where liquid vitamin supplements are beneficial. The vitamins in many common pill supplements are actually packed too densely. This leads to a lot of the vitamins not being broken down and absorbed as they should do whereas liquid vitamin supplements do not have the same

problem. The body is therefore able to absorb far more of the nutritional value from liquid vitamin supplements than it can from those in the traditional pill form. In fact, the body only absorbs about 10-20% of the nutrients from vitamin pills compared to around 80-90% that it can absorb from liquid vitamin supplements.

Another benefit of liquid vitamin supplements is that they often contain more than one type of vitamin and other nutrients. Vitamin pills traditionally contain only one which means that you are going to have to take a whole handful of vitamin pills to get the same benefits as you do from many of the liquid vitamin supplements. Liquid vitamin supplements offer far more convenience and effectiveness for supplying the body with the vitamins that it needs. The cost of buying the equivalent number of vitamin pills to obtain the same results is also far more than that of liquid vitamin supplements.

The K Vitamin

The K vitamin is essential for the blood to clot to repair injuries. Whenever a person has a bleeding wound, it is the K vitamin that is present in the blood that stops the bleeding and enables most minor cuts to heal quickly.

There are three different forms of the K vitamin. The first variant of the K vitamin is vitamin K1, also known as phylloquinone. This is the form of the K vitamin that is found in types of plant foods. Vitamin K found in plant foods. The second form of the K vitamin is the vitamin K2, or menaquinone. This type of the K vitamin is formed by friendly bacteria in the intestines. Thirdly, there is vitamin K3 which is also known as menadione and is actually an artificial form of the K vitamin. All three of these types of K vitamin end up in the liver where it is used to create the blood clotting substances.

The best natural sources of the K vitamin are green leafy vegetables, such as spinach. However, because the friendly bacteria in the intestine makes one of the forms of the K vitamin it is extremely rare for a person to have a deficiency of the K vitamin and so K vitamin supplements are not needed by the majority of people.

Apart from the main function of helping blood to clot, the K vitamin, specifically the Vitamin K1, has an important part to play in the bone

building process. This K vitamin is required to retain the calcium in the bones and redistribute it to where it is needed.

Although a K vitamin deficiency is relatively rare there are certain groups of people who may suffer from it. Newborn babies may not have enough of the K vitamin as they have insufficient bacteria in their intestines to produce it. The majority of newborn babies in developed countries are therefore given a K vitamin injection to tide them over until the natural process takes over. That is the only time that a K vitamin supplement will be taken by most people throughout their lives. However, an extended course of antibiotics may lead to a K vitamin deficiency due to the fact that the antibiotics kill the intestinal bacteria as well as the ones that they are being taken to cure. Again, a K vitamin supplement may be given if the course of antibiotics has to continue for a long period of time.

Healthy Hair Vitamins

There are a number of different specific hair vitamins and minerals that can play a major role in helping a person have a healthy head of hair. If a person does not have sufficient hair vitamins then the deficiencies can lead to thinning hair or even total baldness in the most severe cases. The fact is that the state of a person's hair reflects the overall condition of their body. Extra hair vitamins are likely to be needed if a person is generally unwell or is undernourished as their hair will show damage too and may even stop growing.

Some of the most important hair vitamins that a person needs to have healthy hair include B6, biotin, inositol and folic acid. The best way to ensure that a person receives enough of these essential hair vitamins are for them to be taken as vitamin supplements. It is not just hair vitamins that are necessary for healthy hair though as there are a number of minerals that are essential, including magnesium, sulphur, silica and zinc.

The most essential hair vitamin is vitamin A but the best form of this to include in the diet is beta-carotene. This is because the hair vitamin A can be toxic if consumed in large quantities but beta-carotene has no such problems and is converted by the body into vitamin A that can be used to promote healthy hair. Of course, vitamin A is not just a hair vitamin, it is also needed for a number of other functions including

normal growth of bones, skin, nails and the protective sheath surrounding nerve fibers.

Protein is another essential hair vitamin. This is because hair itself is essentially protein. The amount of this hair vitamin that a person consumes in their diet can affect the hair directly. If a lot of protein is included in a person's diet then this hair vitamin will lead to improved hair growth and a far fuller head of hair. However, a person who has a diet that is lacking in this hair vitamin will suffer from thinning hair and slow hair growth.

Of course, it is not just hair vitamins and minerals that are needed to ensure that a person has healthy, strong hair. There are a number of researchers who have found that there are direct links between the overall health of a person and the condition of their hair. If a person is under a lot of stress or suffers from a lack of sleep then their hair is also likely to suffer and it is likely that their diet will not provide enough hair vitamins to counter these effects. Hair vitamin and mineral supplements can be the solution to weak and damaged hair.

Greatest Vitamin Sources

There is a lot of debate as to what the greatest vitamin actually is. Each vitamin has its own essential functions that contribute to a person's general health and well-being. It is impossible to actually state that one of these is the greatest vitamin. However there are a number of foods that provide the greatest vitamin quantities.

The greatest vitamin sources vary for each vitamin. It is important to have a balanced diet to ensure that the required amounts of each vitamin are obtained. However, it may be useful to list the greatest vitamin sources for each vitamin to be used as a guide.

* Greatest vitamin A sources are milk, eggs, butter, yellow fruits & vegetables, dark green fruits & vegetables, liver

* Greatest vitamin B1 sources are brewer's yeast, whole grains, blackstrap molasses, brown rice, organ meats, egg yolk

* Greatest vitamin B2 sources are brewer's yeast, whole grains, legumes, nuts, organ meats, blackstrap molasses

* Greatest vitamin B3 sources are lean meats, poultry & fish, brewer's yeast, peanuts, milk, rice bran, potatoes

* Greatest vitamin B4 sources are egg yolks, organ meats, brewer's yeast, wheat germ, soybeans, fish, legumes

* Greatest vitamin B5 sources are organ meats, egg yolks, legumes, whole grains, wheat germ, salmon, brewer's yeast

* Greatest vitamin B6 sources are meats, whole grains, organ meats, brewer's yeast, blackstrap molasses, wheat germ

* Greatest vitamin B7 sources are egg yolks, liver, unpolished rice, brewer's yeast, sardines, legumes, whole grains

* Greatest vitamin B8 sources are whole grains, citrus fruits, molasses, meat, milk, nuts, vegetables, brewer's yeast

* Greatest vitamin B9 sources are dark-green leafy vegetables, organ meats, root vegetables, oysters, salmon, milk

* Greatest vitamin B12 sources are organ meats, fish, pork, eggs, cheese, milk, lamb, bananas, kelp, peanuts

* Greatest vitamin B13 sources are root vegetables, liquid whey

* Greatest vitamin B15 sources are brewer's yeast, rare steaks, brown rice, sunflower, pumpkin & sesame seeds

* Greatest vitamin B17 sources are whole kernels of apricots, apples, cherries, peaches, plums

* Greatest vitamin C sources are citrus, cabbage family, chili peppers, berries, melons, asparagus, rose hips

* Greatest vitamin D sources are salmon, sardines, herring, milk, egg yolk, organ meats, sprouted seeds, sunflower seeds

Good Food Health Vitamin Intake

It is essential that a person is aware of what constitutes good food health vitamin intake. The federal drug administration produces a recommended daily allowance for the majority of vitamins which it regards as a good food health vitamin intake. These figures vary according to a person's age, sex and some other factors so that the good food health vitamin intake for a young woman is going to be different to that of a man in his seventies.

The food health vitamin intake amounts of certain foods are included in the nutritional labeling. This labeling is important for a person to consider and helps ensure that they are receiving the correct food health vitamin intake from the foods that they eat. The nutritional information is often represented as a percentage of the recommended daily allowance of each vitamin and mineral and can help assess the value of the foods in the quest for good food health vitamin intake.

There are also a number of items that a person may want to restrict in their diet as part of their good food health vitamin intake. Again, the nutritional labeling of certain foods can help a person to see how high a product is in these undesirable contents. Salt and fat, for example, may be items that a person wants to consider limiting as part of their good food health vitamin intake even though they are not strictly vitamins. The majority of people actually refer to nutrients when they use the word vitamin and food manufacturers are aware that a person

is looking at minerals and other items when they are considering their good food health vitamin intake. Fiber is another element that many people are more aware of as forming an essential part of a balanced diet and is necessary for good food health vitamin intake.

If a person is on a restricted diet for any reason then they need to pay even more attention to their good food health vitamin intake. Obviously, some foods contain different nutrients to others and this is applicable to vitamins as well and it may be more difficult for a person to achieve their good food health vitamin intake if they are unable to eat certain foods. Vitamin supplements can form an essential part of a good food health vitamin intake for people who are unable to obtain their vitamins from their normal diet. It is also worth remembering that the good food health vitamin intake for a person varies throughout their life depending on their general health.

A Guide to the E Vitamin

The e vitamin is extremely important for a variety of functions in the body. A healthy heart needs plenty of the e vitamin as it has been shown to actually prevent heart disease. The e vitamin can also help contain any existing heart disease and stop it from getting worse.

E vitamin is also vital in protecting the cell membranes from the harmful free radicals that are present in the body. Without e vitamin, amongst others, the cell membranes would be damaged and this could lead to serious health problems, including cancer. The reason that the e vitamin is so effective against free radicals is that it is fat soluble so it can be absorbed into the cell membranes. The e vitamin is therefore essential for the immune system.

The recommended daily amount of the e vitamin that a person requires depends on their body weight. This is connected to the fact that the more fat a diet contains then the more of the e vitamin that is needed. However, the only foods that really contain any reasonable amount of the e vitamin are vegetable oils, seeds, wheat germ, and nuts. It is for this reason that most people should take some form of e vitamin supplement.

A deficiency of the e vitamin does not affect a person immediately. In fact, it can take months for the effects of insufficient e vitamin to be detected. After years of e vitamin deficiency there may e some

detectable damage to the nerves of the spinal cord or retina of the eye but this is very rare. Most people obtain enough e vitamin from a normal diet but it is essential that the food that a person eats contains a little fat to help with the absorption of the e vitamin.

There are a few medical conditions that may lead to a deficiency of the e vitamin and may require the person to take e vitamin supplements. Cystic fibrosis causes a person to be unable to digest fats well which leads to less of the e vitamin being absorbed. Crohn's disease causes to lower absorption rates of the e vitamin and a supplement may be necessary. Some forms of liver disease can also lead to problems absorbing the e vitamin, especially through the intestine. Of course, as fat is required to help absorb sufficient amounts of the e vitamin, anyone on an extremely low-fat diet will need to discuss their options for increasing the amount of e vitamin that their body needs.

Buying Discount Vitamins

There are a number of ways that you can find discount vitamins. The most common is to wait until your favorite vitamin store has a sale but this can be a rather difficult way to get a discount vitamin. The problem is mainly due to the discount time. Most discount vitamin offers only have a limited amount of stock available and it is a case of first-come, first-served. The other issue with trying to get these discount vitamin offers is that they are strictly time limited and again, you may miss out unless you find out about the sale in advance.

A large number of stores produce coupons that offer discount vitamin purchases. These coupons are often distributed in newspapers and magazines – the Sunday newspapers are so full of coupons that it may be time-consuming looking for the discount vitamin offers but it is worth the effort. You may find that some of these coupons do not give an instant discount vitamin purchase but you can claim the appropriate money back through a rebate system. Beware that some of these rebated discount vitamin offers require you to purchase additional equipment or accessories to qualify for them.

One extremely good source for discount vitamin offers is to actually look for bulk purchases. This is an extremely underestimated resource as many people do not actually understand what a bulk purchase discount vitamin really is. In all honesty you are likely to get a better discount vitamin offer if you opt for a bulk purchase from your local

outlet. This is because the bulk purchases offer the best discount vitamin prices possible. This is especially the case for vitamins that you may want to take on an ongoing basis. Vitamin C, for example, is a great choice to buy in bulk and obtain a discount vitamin price.

It is extremely important, however, to ensure that the bulk discount vitamin purchases do not include vitamins that may have an expiration date that could be exceeded before they are all consumed. Do not be tempted to purchase bulk amounts of vitamins simply to obtain a discount vitamin price unless you are sure that you can consume all of the vitamins within the expiration dates given. One of the major mistakes that people make when looking for a discount vitamin is to overlook the expiration date. There may not be any danger if the discount vitamins are a few days past their sell by date but it is not worth the risk just to save a few pennies.

A Guide to the D Vitamin

The D vitamin is the only vitamin that is not obtained from foods that are consumed. Instead, the D vitamin is actually obtained by sunlight on the skin. There has been a lot of media coverage about the dangers of getting too much sun but it is essential that the skin is exposed to sunlight to obtain the recommended daily allowance of the D vitamin. In reality, the amount of time that a person has to spend in the sun to receive a sufficient dose of the D vitamin is extremely small and just a few minutes a day will be sufficient and not have any adverse effects from the amount of ultra-violet light received.

The most important function of the D vitamin is to help control how much calcium is absorbed from food. The majority of the calcium is used to build strong teeth and bones but it is also needed to send messages along the nerves and to help muscles, such as the heart muscles, to contract. It is the D vitamin that ensures that there is always sufficient calcium in the blood to perform these tasks. Other functions that require the D vitamin relate to the immune system and it is believed that it is also a contributing factor in reducing the risk of contracting cancer and, in particular, colon cancer.

The variant of the D vitamin that is formed under the skin is known as vitamin D₃, or cholecalciferol. This D vitamin is created when the ultraviolet in the sunlight reacts with a type of cholesterol that is found under the skin naturally. The D₃ is converted into a more active form

of the d vitamin in the liver and is then diverted to where it is needed the most. Some of the D vitamin remains in the liver and kidneys to help reabsorb the calcium from the blood. The rest of the D vitamin is dispersed to the bones to help them retain their calcium and the intestines to aid absorption of calcium from food.

Even though the majority of the D vitamin is formed through the exposure of the skin to sunlight there are some foods that do contain some of the vitamin naturally. This form of the D vitamin is known as vitamin D₂, or ergocalciferol. This is used in the same way as the other D vitamins and is the type used to create the majority of D vitamin supplements.

A Guide to the C Vitamin

The c vitamin has got to be the most widely known vitamin these days. It is not surprising because the body needs c vitamin for over 300 functions. In fact, the c vitamin has been proved to help protect against heart disease, cancer and other serious illnesses. Without the c vitamin the body would not be able to heal itself either. This is because the c vitamin is vital for the formation of collagen. Whenever a person has a cut or an injury it is the collagen that helps repair the damage and without sufficient c vitamin this would be almost impossible. Collagen has a multitude of functions in the body, including keeping the organs in place, and it would not be able to do this without sufficient c vitamin.

The c vitamin is also an antioxidant for the body and helps other vitamins and minerals to be absorbed better. Folic acid and iron, for example, need the c vitamin to maximize their usefulness. The more c vitamin that the body has, the better its defense against colds and other common ailments and the c vitamin may not prevent a person catching a virus but it does help speed up the recovery process.

There is c vitamin in almost every fruit and vegetable but some have far higher c vitamin content than others. Cranberries and melons have high c vitamin content. In fact, tropical fruits have the highest c vitamin amounts of all fruit. Hot peppers are amongst the richest sources of the c vitamin when it comes to vegetables. The hotter the

pepper, the higher its c vitamin content is. Unfortunately, the c vitamin is water soluble so many vegetables lose their effectiveness as a c vitamin provider if they are boiled for a long time. Steaming or quick stir frying vegetables ensures that more of their c vitamin content is retained. The recommended daily amount of the c vitamin is easily obtained from eating five portions of fruit and vegetables a day if they are consumed raw or cooked quickly.

C vitamin supplements are extremely useful to ensure that people obtain sufficient c vitamin. However, with a balanced diet the amount of c vitamin the body receives is likely to be sufficient. However, if a person begins feeling tired or lethargic then a c vitamin supplement will help overcome this. There is no danger of having too much c vitamin as the body simply excretes the excess.

A Guide to the B6 Vitamin

The B6 vitamin, also known as pyridoxine, is one of the most versatile of the B vitamins and yet the body only requires a relatively small amount. The B6 vitamin works closely with all the other B vitamins, especially niacin, folic acid, and Cobalamin and contributes to numerous functions in the body. Amino acids are converted by the B6 vitamin into proteins and it is also required for transforming stored sugar within the body into essential energy. Basically, the B6 vitamin is essential for converting the proteins that are consumed into proteins that the body needs and also for converting the carbohydrates from the form that they are stored in the body to a form that can be used for extra energy.

The body requires a number of different proteins and it is the B6 vitamin that ensures that the correct forms are available. For example, the B6 vitamin will create haemoglobin for carrying oxygen in the blood cells, hormones for regulating blood pressure, neurotransmitters and various enzymes.

The recommended daily allowance for the B6 vitamin is only around 2.0mg but this seemingly insignificant amount is used extremely efficiently within the body to produce over sixty different enzymes. The best sources of the B6 vitamin are high-protein foods such as eggs, fish, poultry, and meat and it is also added to breakfast cereals and bread to ensure that everyone is able to consume their recommended

daily allowance, even if they do not eat meat products. An additional amount of the b6 vitamin may be beneficial for the heart and immune system. B6 vitamin supplements are sometimes required by asthmatics and diabetics. However, it is important to be aware that large doses of the B6 vitamin can be toxic.

As the B6 vitamin is found in many common foods the majority of people receive sufficient amounts of the vitamin from their normal diet. There are some groups that may need to take a B6 vitamin supplement to ensure that they obtain the recommended daily allowance. For example, pregnant or breastfeeding women will need a slightly higher amount of the B6 vitamin to allow for the amount of the vitamin that is being absorbed by the baby although it is possible to obtain the extra B6 vitamin from an increased consumption of high-protein foods. Strict vegetarians or vegans, however, and children who do not eat animal products may need a B6 vitamin supplement as vegetables and fruits are poor sources of the B6 vitamin.

An Overview of the B5 Vitamin

The B5 vitamin is also known as Pantothenic Acid. The B5 vitamin is the most prolific of all the vitamins and is found in every type of food. In fact, it is impossible for a person to consume less B5 vitamin than they need. That means that there is no little possibility that a person can have a B5 vitamin deficiency. For this reason, there is actually no recommended daily amount that health professionals can state as everyone obtains more than enough from their normal food consumption. However, even though there is no need to calculate a recommended daily allowance it does not mean that the B5 vitamin is not vital for a healthy body and mind. In fact, the B5 vitamin is essential for turning food into energy amongst other functions. The B5 vitamin is responsible for taking the fats and carbohydrates into energy.

Some B5 vitamin can be found in almost every food whether it is animal or vegetable. Obviously there are some sources of the B5 vitamin that are better than others but a balanced diet will provide more than enough. The foods with the highest B5 vitamin content are organ meats, salmon, eggs, beans, milk, and whole grains. It is worth noting that the B5 vitamin is lost when grains are milled into flour and tends not to be added back in. Therefore, processed grain foods such as bread, pasta, rice, breakfast cereal, and baked goods are not good sources of the B5 vitamin.

The B5 vitamin is the most effective when it is combined with other B vitamins especially thiamin or B1, riboflavin or B2, niacin or B3, pyridoxine or B6, and biotin. Along with these other B vitamins, the B5 vitamin is an integral part in a number of processes. The most important of these is the production of energy from food that is consumed and this is known as the Krebs's cycle. The B5 vitamin is also required for releasing energy from fats.

Interestingly, the B5 vitamin is also considered to be helpful in reducing stress. This is chiefly due to the fact that during periods of stress, the body produces more of certain hormones such as adrenalin and these require the B5 vitamin. There are many theories as to the benefits of the B5 vitamin but there is no need for the majority of people to actively seek out foods that are high in B5 as they are likely to be consuming far more than is needed already. There are no adverse effects to consuming too much B5 vitamin.

B12 Vitamin Basics

The b12 vitamin is just one of the essential b vitamins that are needed to maintain a healthy body and mind. Cobalamin is the alternative name for the 12b vitamin. The body needs the b12 vitamin for a number of different processes including converting the fats, carbohydrates and proteins from all food that is consumed into energy. One of the most important processes that the b12 is essential for is to create healthy red blood cells. The prevention of heart disease relies on the production of healthy blood cells and therefore the b12 vitamin is vital. The b12 vitamin is also vital for keeping the immune system functioning at its maximum efficiency. Not only this, but the b12 vitamin also works to form the protective covering of all the nerve cells in the body.

The production of red blood cells is not the only type of cells that the b12 vitamin is essential for. In fact, all of the cells in the body require the b12 vitamin, including white blood cells and nerve cells. The white blood cells are an important part of the immune system and without the b2 vitamin the effectiveness of the immunity of the body to germs and viruses is heavily reduced. The nerve cells need the b12 vitamin to create the fatty layer that will protect them from damage. The brain cells are particularly open to disease and damage if there is not enough b12 vitamin present to form this protective layer.

Even though the b12 vitamin is involved in so many essential processes the actual recommended daily amount that a body needs is quite small. The fact is that the majority of people consume much more of the b12 vitamin than their body actually requires. The only issue is that the body cannot absorb the b12 vitamin very easily and has to create its own aid to the process. The intrinsic factor that the body produces helps the body to absorb the b12 vitamin that it needs from food but this still amounts to only half of the total b12 vitamin available. A deficiency in the b12 is extremely rare in most people and is made even less likely because the body can recycle the b12 vitamin that it already has absorbed.

A few groups of people may develop anaemia due to a lack of b12 vitamin in their diet. Young children often have a problem getting enough of the b12 vitamin because they may be extremely fussy eaters and it is important to encourage them to eat as wide a variety of foods as possible. This is not only the case with the b12 vitamin but is true for all essential vitamins and minerals.

The Different Types of B Vitamins

There are a large number of B vitamins that are needed to keep all of the body functions performing properly. All of the B vitamins are essential for a number of different processes. Without sufficient B vitamins the blood supply would not be healthy and this leads to a variety of illnesses and diseases. The brain needs B vitamins to function correctly and the heart also needs B vitamins to stay healthy and prevent heart disease and food is broken down into the various nutrients by B vitamins. In fact, just about every organ and process within the body requires at least one form of the B vitamin.

Thiamin, or B1, is the B vitamin that the body needs to keep all of its cells, especially the nerves, functioning correctly. It is especially important for memory and general mental health and is one of the B vitamins that is required to convert food into energy.

Riboflavin, or B2, is the B vitamin that is essential for releasing the energy from food that has been consumed. Without this B vitamin the body cannot grow or develop properly as red blood cells will not be as healthy as they should be.

Niacin, or B3, is the B vitamin that is involved in over fifty processes, ranging from detoxifying chemicals to making hormones and releasing energy from food.

Pantothenic acid, or B5, works with several other B vitamins for a number of essential processes including breaking down fats, proteins, and carbohydrates into energy and is also the B vitamin that is needed to form vitamin D, a variety of hormones, and red blood cells.

Pyridoxine, or B6, is the B vitamin that is largely responsible for redistributing the amino acids to create over five thousand proteins that are needed by the body and is also one of the B vitamins needed to form various enzymes.

Biotin, or B7, is one of the B vitamins that are involved in a number of processes within the body, including the breaking down of fats, carbohydrates and proteins into useable energy forms.

Folic acid, or B9, is the essential B vitamin for aiding in cell growth and division, especially during pregnancy. This B vitamin is also necessary to make natural chemicals which control the appetite, moods and quality of sleep. It is also the best B vitamin for helping lower the chances of suffering a heart attack or stroke by keeping the arteries open.

Cobalamin, or B12, is one of the B vitamins that is important in the process of converting the carbohydrates, proteins, and fats into energy. This B vitamin is also vital in forming the protective covering of nerve cells and to keep red blood cells healthy, and help prevent heart disease.

A Guide to the B Complex Vitamins

There is a lot of discussion about the B complex vitamin and how it is essential for the body to perform a multitude of functions. However, the B complex vitamin is not simply one very complicated vitamin, as the name might suggest. There are actually eight B vitamins that are in the B complex vitamin as well as a few other related substances. The eight vitamins that make up the B complex vitamin are thiamine or vitamin B1, riboflavin or vitamin B2, niacin or vitamin B3, pyridoxine or vitamin B6, cobalamine or vitamin B12, folic acid, pantothenic acid and biotin. The other related substances that are also in the B complex vitamin include choline, inositol and para-aminobenzoic acid.

Every part of the B complex vitamin performs its own individual function within the body but it is when they work together as the B complex vitamin that they provide essential maintenance for the body to remain healthy. The B vitamin complex comprises B vitamins which are water soluble and it is essential that enough of these vitamins are consumed on a daily basis. The body cannot store water soluble vitamins such as the B complex vitamin and this leads to a regular intake being required.

The B complex vitamins are extremely beneficial for a number of conditions and may be needed in additional quantities at certain times in a person's life. Of course, there is a recommended daily allowance

for the B complex vitamins that varies according to the sex and age of a person. However, doctors and other health professionals have discovered the benefits of increasing the intake of the B complex vitamin to help overcome certain illnesses.

Many people suffer from anxiety and stress at one time or another and research has found that the B complex vitamin can be beneficial in helping alleviate the symptoms of anxiety and stress. If a person has been unwell the B complex vitamin can be extremely valuable in aiding the recovery process. Fatigue can be a symptom of a multitude of illnesses as well as simply overdoing things but the B complex vitamin can help alleviate general tiredness and lethargy.

Interestingly, some skin conditions, such as dermatitis, can also benefit from additional B complex vitamin intake. In fact, a number of creams and other skin preparations contain added vitamin B complex that can be absorbed by the skin to alleviate the condition. The condition of a person's hair will also be greatly improved with sufficient B complex vitamin intake.

The Importance of the 12 B vitamin

The 12 b vitamin is one of the b vitamins that are essential to maintain a healthy body. Otherwise known as Cobalamin, the 12b vitamin is needed for the processes to convert the carbohydrates, fats and proteins from food into energy. 12 b also, more importantly, helps keep the red blood cells healthy and therefore prevent heart disease as well as keeping the immune system functioning at its maximum level. In addition, 12 b is used to create the protective covering of all nerve cells in the body.

The most important function of 12 b is to form healthy red blood cells. However, all cells need 12 b to keep them healthy. It is the white blood cells, amongst others, that need 12 b to help ensure that the immune system functioning properly. All of the nerve cells in the body also need 12 b to form their protective fatty layer. This is essential for all of the nerves but is especially so for those in the brain. If there is not sufficient 12 b to create this protective layer then the brain will not be functioning properly.

Interestingly, the amount of 12 b that the body needs is relatively small but is needed on a regular basis. However, 12 b on its own is not enough as the body cannot absorb it easily. To help the body absorb 12 b the stomach produces intrinsic factor which enables more of the 12 b to be absorbed. 12 b is only found in animal foods such as liver, eggs, fish and meat but most people consume far more than their

recommended daily amount of 12 b. This is not a problem as the body can only absorb about half of the 12 b that is consumed. It is also worth noting that the body can recycle the 12 b which cuts down on the impact of a 12 b deficiency. However, strict vegetarians or vegans are likely to require 12 b supplements if they do not eat any animal products that contain 12 b.

If the body does not have enough 12 b then anemia is the most obvious symptom. Obviously, this is due to the fact that there is not enough 12 b to make healthy red blood cells. Anemia can also be caused by the body not creating enough intrinsic factor to help absorb the 12 b that is available in the food consumed. The body tends to make less intrinsic factor once a person reaches 50 and this will lead to less 12 b being absorbed and supplements of 12 b may be required. Kids are also at risk from anemia because they may not eat the food that contain 12 b. Pregnant women need more 12 b because the baby is absorbing 12 b during the pregnancy to grow properly.