

There are hundreds of thousands of vitamin supplements available on today's market. You can buy them at health food stores, drug stores, grocery stores, various retailers, through health care professionals, and on the Internet.



Consult With Your Health Care Professional

You trust your health care professional to provide quality care. It is important to speak with them about the supplements you are taking. They can provide recommendations and advice to you regarding quality brands. They can also help you determine which supplements you need based upon your individual requirements. With their help, you will know the supplements you are taking are working.

Speak with your health care professional today to develop a nutritional care plan just for you.

When choosing a supplement, how do you determine which one to buy?

The package design?

The manufacturer?

The ingredients?

The label claims?

Where it's made?

How do you know for sure you are getting the best supplement for your body and your health?



Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process whole food supplements.

Choosing the Best Supplement for Your Body and Your Health

Boyer J, Liu RH. Apple phytochemicals and their health benefits. *Nutr J.* 2004 May 12;3-5.
Heber D. Vegetables, fruits and phytoestrogens in the prevention of diseases. *J Postgrad Med.* 2004 Apr-Jun;50(2):145-9.



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Two Basic Types of Nutritional Supplements

Brand A (whole food supplement)

Whey (milk) protein powder, flax meal powder, rice protein powder, calcium citrate, magnesium citrate, buckwheat (leaf), Brussels sprouts (whole plant), kale (whole plant), choline bitartrate, inositol, barley (grass), alfalfa (whole plant) juice powder, soybean lecithin powder, grape (seed) extract (includes Masquelier's® OPC-85; 98% total phenolic compounds; 65% proanthocyanidins), carrot (root) powder, and red wine extract (95% total phenols).

Brand B (manmade components)

Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Cellulose, Ascorbic Acid, dl-alpha Tocopherol Acetate, Acacia, Croscarmellose Sodium, Zinc Oxide, Dicalcium Phosphate, Stearic Acid, Dextrin, Titanium Dioxide, Niacinamide, Silicon Dioxide, Hypromellose, Gelatin, Soy Extract, Magnesium Stearate, Calcium Silicate, d-Calcium Pantothenate, Manganese Sulfate, Polyethylene Glycol, Corn Starch, Pyridoxine Hydrochloride, Mannitol, Cupric Oxide, Resin, Lecithin, Riboflavin, Thiamine Mononitrate, Vitamin A Acetate, Chromium Chloride, Folic Acid, Dextrose, Beta Carotene, FD&C Red #40 Lake, FD&C Blue #2 Lake, Sodium Selenate, Biotin, Phytonadione, Cyanocobalamin, Ergocalciferol.

In Brand A, vitamins and nutrients are derived mainly from recognizable food sources. In Brand B, the vitamins and nutrients are manmade components that are not generally recognized as food sources.

How to Properly Read a Label

It can be very confusing to determine the true value of a supplement. Understanding the label will help you know if you are taking a quality supplement.

Where do the nutrients come from?

Look at the ingredients listed on the food label. Do you recognize any of them? Just like any other food label, the nutrients are listed in a particular order and some manufacturers put the source next to the nutrient. In a quality, wholesome product, you will recognize and be able to pronounce most of the ingredients on the label.

What is the importance of whole food ingredients?

Only whole food ingredients can provide you with all the nutrients contained within the food. For example, in brand B, the sixth ingredient is dl-alpha tocopherol acetate. This is not a food ingredient. It is a manmade component of the vitamin E complex. If you were to take a supplement with just dl-alpha tocopherol, you would be missing at least five other important nutrients as well as hundreds of other nutrients that occur within the whole vitamin E complex. These nutrients are only available by consuming natural, whole food forms of vitamin E, such as wheat germ oil, green leafy vegetables, nuts, and sunflower seeds.

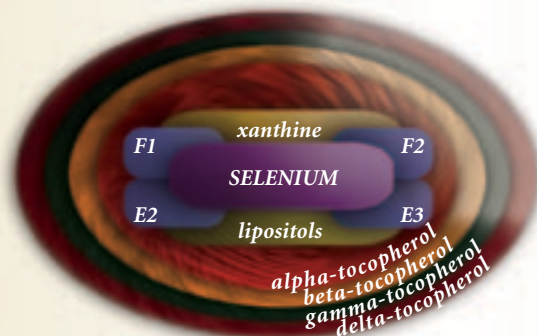


Figure 1: The Functional Architecture of the Vitamin E Complex

Why More isn't Always Better

When choosing supplements, quality is far more important than quantity. A small amount of a whole food vitamin is more beneficial to the human body than a large dose of its manmade counterpart. Supplements comprised solely of single manmade vitamins supply only a fraction of the whole vitamin complex, creating shortages of many important nutrients. Taking more of a manmade vitamin will not make up the difference.

It is often recommended that whole food supplements be taken throughout the day to provide their health benefits. When it comes to these supplements, balance is best.

Going Beyond the Label

Just like any recipe, the quality of the ingredients you use affects the quality of the final product. Therefore, it's important to answer all these questions when evaluating a supplement and its effectiveness.

Where do the ingredients come from?

Manufacturers who grow many of their ingredients have the unique ability to control the quality of the ingredient from seed to supplement. Some manufacturers own certified organic farms to further enhance the quality of their ingredients.

When are ingredients processed?

When you buy a tomato, you inspect it for quality. You wouldn't knowingly buy one that was mushy and bruised. This same principle holds true for when ingredients are prime for harvest. Different foods reach their peak nutrient value during different times within the growing season. Pea vine, for example, is at its peak during the flowering stage.

Once harvested, food begins to lose its value. It is perishable like the tomato. If there is a delay of hours, days, or months from when an ingredient is harvested to when it's processed, many of its very delicate phytonutrients are lost.

Are the ingredient's vital factors retained?

Each ingredient has its own set of rules in relation to how to best package its vital components. The manufacturing process needs to retain the vital nutrients within the ingredients. Too much heat will destroy enzymes and phytonutrients. The manufacturer should use a low-temperature, high-vacuum process to make sure that the ingredient's nutrients are preserved.