

# How to Evaluate a Nutritional Supplement

Read the label and try to answer these four questions:

## **1. How does the formulation compare with nutritional recommendations?**

An ideal supplement should provide close to 100% of the daily value (DV) for all of the essential nutrients. A manufacturer can add dozens of other glamorous ingredients, but if the product does not give you all of the known essential nutrients, it is not balanced, and is not going to provide you with optimal nutrition.

## **2. Is there sound rationale for the formulation?**

You should especially ask this question whenever you see nutrients that are present at levels significantly below or above the DV, for example:

- a) Biotin is very expensive compared to other B vitamins. For this reason, it is usually present in insignificant amounts or not at all. Is there a nutritional rationale for this? Definitely not. It only saves money for the manufacturer.
- b) Thiamine, Riboflavin and Niacin are very inexpensive B vitamins. They are routinely used to fortify bread, cereals and even many junk foods. These nutrients are usually present in near adequate amounts in the standard American diet. Many supplements contain 500-3000% of the DV. There is not proven need for such an unbalanced quantity of these nutrients in our diets. Unbalanced quantities of B vitamins actually make the body work harder to utilize these vitamins.

## **3. Is the formula natural?**

Look for artificial colors, flavors or preservatives. Our bodies don't need these. Look (hard) for the type of vitamin E used. You might have to look in the ingredient list to determine this. If the form of vitamin E is d-alpha (or beta or gamma) tocopherol, it is natural. If the form of vitamin E is dl-alpha (or beta or gamma) tocopherol, it is synthetic. Synthetic is cheaper to manufacture, but synthetic nutrients can NOT become a living part of a living cell.

## **4. Is it bioavailable?**

Try dissolving the vitamin in room temperature tap water. It should dissolve completely in about 30 minutes (excluding chewable and sustained-release formulas). If it does not dissolve in 30 minutes, chances are high that it is not being absorbed quickly or efficiently in your body, either. Some vitamins never dissolve. Calcium is especially prone to be brick-like. Does the manufacturer offer clinical evidence of bioavailability?

Health is the first wealth. Choose a nutritional company you can count on to deliver pure, potent, high-performance nutrients that your cells can actually use.



***Always Safe, Always Works, Always Green***

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