

Complete Health Truths

Exploring natural health by getting back to the basics.

8 Steps to Choosing a Good Vitamin

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When purchasing a vitamin supplement use these 8 steps.

1. **USP Standards:** United States Pharmacopeia means the products you are taking will dissolve within 30-45 minutes of ingesting them.
2. **GMP Standards:** Good Manufacturing Practices means the vitamin is regulated by pharmaceutical (drug) company standards, under go periodic inspections, and follow strict control of procedures and documentation.
3. **High RDA's Levels:** Recommended Daily Allowances, was established in the 1930's as the minimal amount of supplementation needed to avoid pellagra, scurvy, and rickets. The RDA's are continually changing. Recently Vitamin D was doubled due to the lack of it in most people's diets. Therefore, you should choose a supplement that says 50% DV or more. Research suggests that the higher the percentage the better your chances of are reducing and minimizing diseases.
4. **Pass on Liquid Supplements:** most companies claim that liquid supplements absorb faster, but yet 90% of drugs given to people are in tablets. Even aspirin is in a tablet form. Also, many nutrients are absorbed at the same rate regardless if they are in tablet or liquid form.
5. **Read the Label:**
 - a. Watch out for *ascorbic acid, natural or artificial organic flavoring, sucrolose, or yellow 6 lake*, these are synthetic ingredients
 - b. Your vitamin should have these: **calcium citrate** (it is better than calcium gluconate), **magnesium chelated**
6. **Check the Comparative Guide to Nutritional Supplements:** this book was created by a researcher in Canada to help consumer choose a nutritional supplement easily. Each supplement is rated on a number scale, 0 being low and 5 being high. Only 4 companies received their 5 star standard award. They are Creating Wellness Alliance, Douglas Laboratories, TrueStar Health, and USANA Health Sciences.
7. **Don't Base Your Decision on Price:** Did you ever consider that most people will spend hours researching, saving, and test driving a car before they buy one---but when it comes to buying a vitamin, people choose the cheapest ones on the shelf. We only have one body and one life. How much is your health worth to you?
8. **Compare Products to One Another:** when you look at the label compare the RDA levels of different products, you will see dramatic differences between them (choose the one with higher RDA levels)

One more.....Is your vitamin listed in the Physicians Desk Reference? Doctors use this book to determine which drugs should be given to their patients for certain symptoms. Therefore, anything mentioned in it is used to prevent and treat disease. The last one is really a trick question as only one company is listed in there at this time and it is USANA Health Sciences' Essentials.