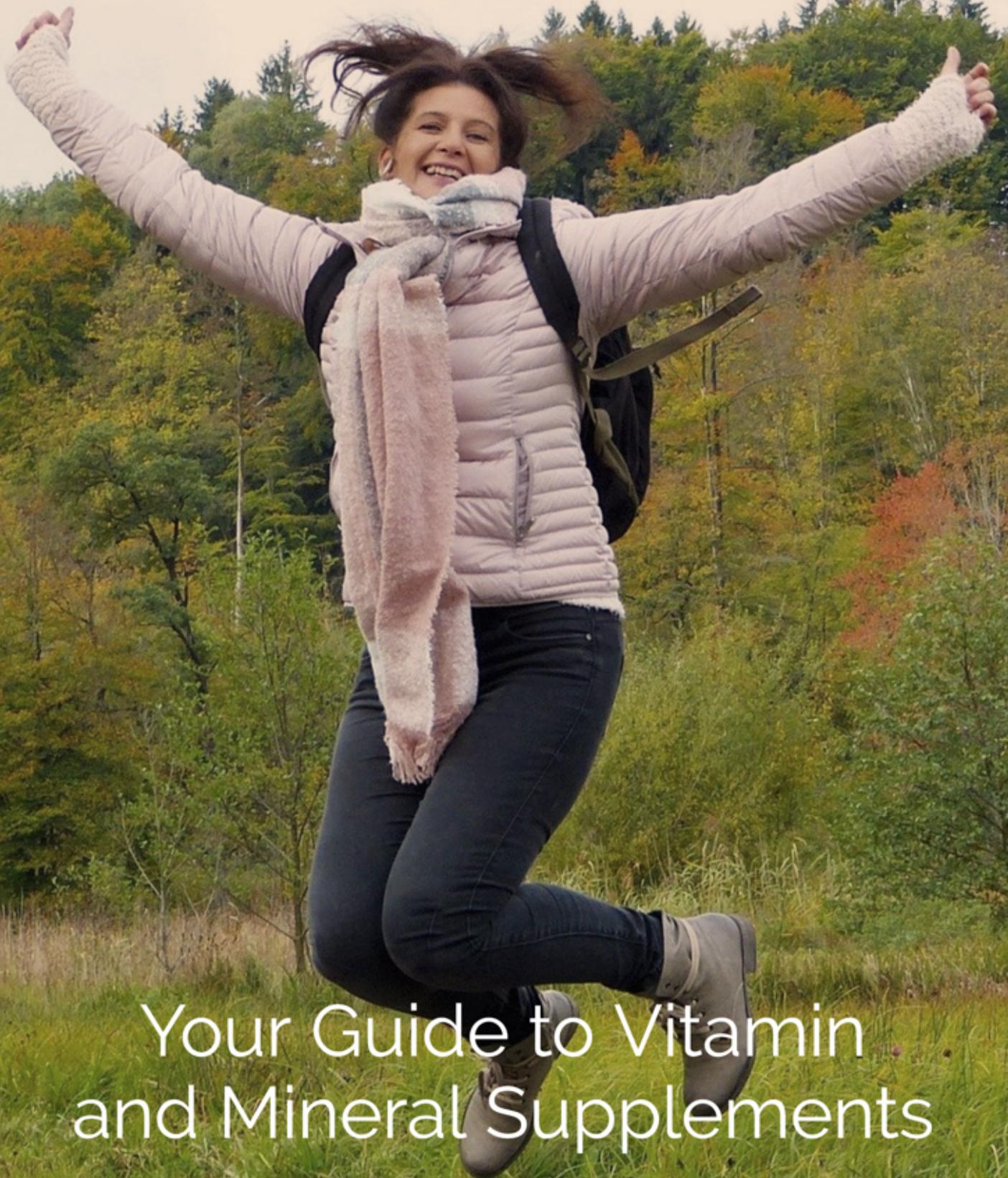




WELLNESS WITH ORIHEAVEN



Your Guide to Vitamin  
and Mineral Supplements

## Introduction

Vitamins and minerals are an essential part of a healthy diet. But what about taking them in supplement form?

Ideally, you should be able to get all the vitamins and minerals your body needs from a balanced diet. However, it's impossible to know exactly how much of each nutrient you're consuming through food alone, leading some people to choose to take supplements instead.

If you're worried about your health, taking a daily vitamin and mineral supplement can help fill in the gaps. They can also be useful if you're under stress with a busy lifestyle, as a supplement can help boost your immune system and provide you with nutrients that you may not be getting from your diet.

But while they're helpful for those who have deficiencies, they may also come with their own risks. As with any supplement, it's not a good idea to take more than the recommended daily amount. You might be tempted to load up on these nutrients because they are available over-the-counter, but this can be dangerous.



## Vitamins – The Basics

Vitamins are essential nutrients that the body needs to stay healthy. While they are crucial to the health, the body doesn't actually produce them by itself. Instead, we get most of our vitamins from the foods we eat.

Here, we'll look at some of the different types of vitamins the body needs, where to find them and the benefits they provide.

### What Are the Different Types of Vitamins?

Vitamins are split into two main groups – fat-soluble and water-soluble vitamins. They are absorbed slightly differently by the body and provide different benefits.

Fat-soluble vitamins include vitamin A, D, E and K. They dissolve in fat and then travel through the bloodstream. These vitamins are found in foods such as egg yolks, fatty fish, dairy products and liver.

Water-soluble vitamins include vitamins B1, B2, B3, B4, B5, B6, B7, B9 and B12. They also include vitamin C, making them the most common type of vitamins. They dissolve in water and are absorbed easily by the body's tissues.

### What Benefits Do They Provide?

Vitamins provide a huge range of benefits to the body. Each one offers slightly different benefits.

Vitamin D, otherwise known as the sunshine vitamin, has several different functions. Most importantly, it helps to regulate the absorption of phosphorus and calcium. It is also responsible for ensuring the immune system is working correctly. A good level of vitamin D is also required to help the bones and teeth grow strong and healthy.

Vitamin A is known to have a lot of benefits for the body. It can help you to see better at night, supports a healthy immune system, improves the skin and even helps fight off certain cancers.

Vitamin E is a powerful antioxidant. It protects the cells of the body, while enhancing the immune system. Studies have shown that it can help to protect the elderly against illnesses, as well as ease menstrual discomfort. There is also some evidence to suggest that it can improve the skin and encourage new hair growth.

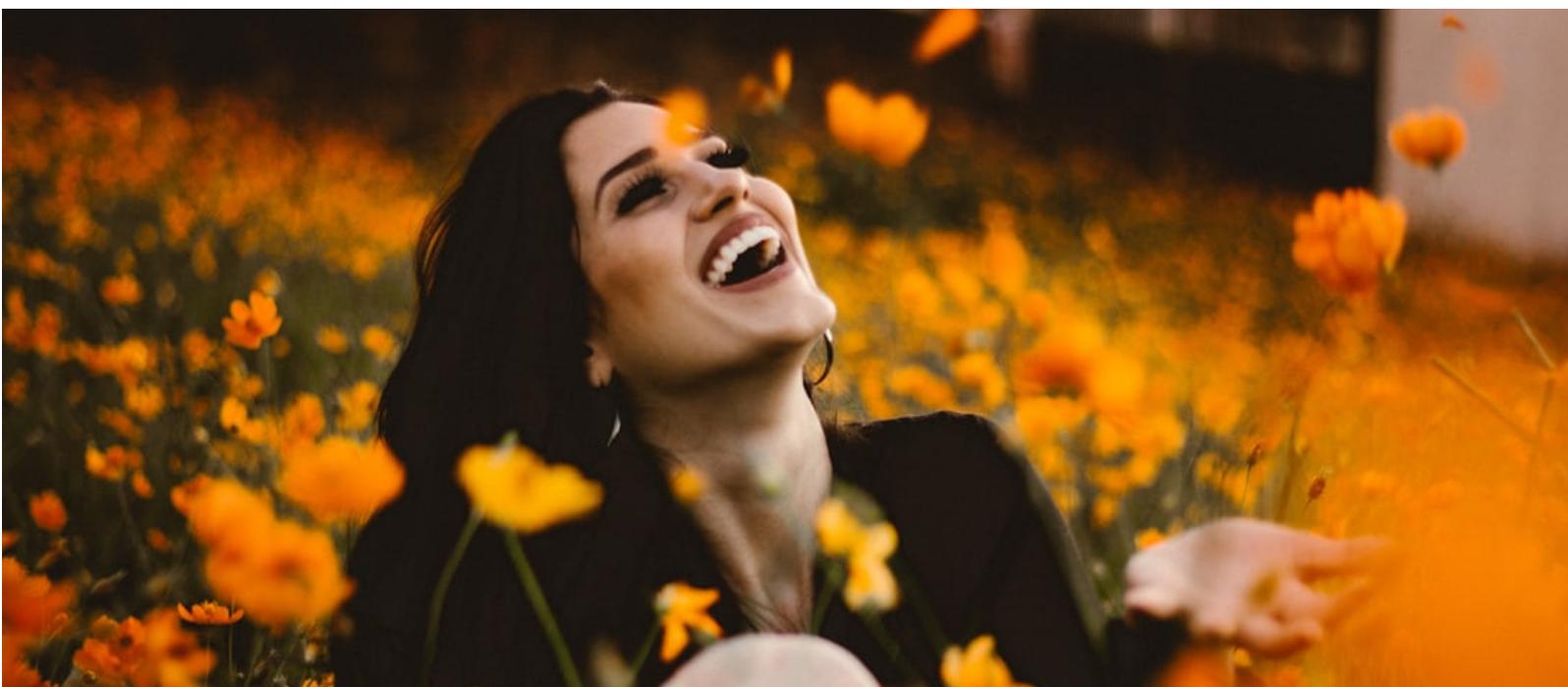
The B-vitamins boast a wide range of benefits including good digestion, increased red blood cells, healthy brain function and improved cardiovascular health.

### What Are Vitamin Supplements?

Vitamin supplements are designed to top up your vitamin levels. They are recommended for those who don't get enough vitamins in their daily diet. However, it is important to note here that vitamins should never be used as a replacement for a healthy diet.

There are literally hundreds of different brands of vitamins supplements available. No two supplements are the same and they aren't as well regulated as you might think. Therefore, always make sure you buy your supplements from a well-known, reliable supplier.

As you can see, vitamins are an important part of a healthy diet. While it is always better to get your vitamin content from the foods you eat, sometimes supplements can come in useful. Just make sure you take the time to find good quality supplements and never take more than you actually need.



## Minerals – The Basics

Like vitamins, minerals are nutrients which help to keep the body functioning correctly. They too are found in the foods we eat, or they can be taken in supplementary form.

Here, we'll look at the different types of minerals, what they do and why we need them to stay healthy.

### Understanding the Different Types of Minerals

There are two main types of minerals; trace and macro minerals. Both are required by the body to maintain general good health.

Trace minerals are also referred to as micro minerals and they are essential for our health. However, we only need them in small quantities. They include iron, copper, chromium, manganese, fluoride, zinc, iodine and selenium. You typically need from 0.2 to 15mg of trace minerals daily.

Macro minerals are required in larger quantities and they include calcium, phosphorus, chlorine, potassium, magnesium, sulfur and sodium.

### Why Do We Need Them?

Our body needs healthy levels of both trace and macro minerals. They help with practically every function of the body. Some of the main benefits minerals provide include:

- They balance fluids in the body
- They aid in nerve transmission
- Healthy bone and teeth development
- They regulate blood pressure
- Assist in wound healing
- Help fight off disease

If you don't get enough minerals within the diet, it can lead to a variety of health issues. So, it is important to ensure you're eating a balanced diet to retain proper levels of nutrients throughout the body.



## What Happens If You Are Mineral Deficient?

If the body doesn't get enough minerals each day, it can lead to a deficiency. Calcium deficiencies are particularly common, though you can also suffer with iron, magnesium, potassium and zinc deficiencies. A deficiency in any type of mineral can cause a number of health issues. These include:

- Fatigue
- Irregular heartbeat
- Weak bones
- Stomach upset
- Muscle contractions

The severity of the deficiency will determine the symptoms experienced. Some types of deficiencies are more common than others too. For example, calcium and iron deficiencies are much more common than magnesium and copper deficiencies.

To avoid a deficiency, it's important to ensure you're getting enough minerals into the diet.



## Vitamins and Minerals We Are Most Likely to Be Deficient In

With so many different vitamins and minerals required by the body, a balanced diet is key for ensuring you get a healthy supply. However, even with a strict diet, it's still possible to become deficient in certain types of nutrients.

Here, you'll discover some of the most common vitamin and mineral deficiencies you need to be aware of.

### Iron

Iron is found in every cell within the body, making it crucial for our health. However, it's also one of the easiest minerals to be deficient in. It is particularly common in women who haven't yet experienced the menopause, alongside pregnant women and young children.

When you have an iron deficiency, it can lead to anemia. This is where there aren't enough healthy red blood cells in the body. As a result, you'll feel constantly tired, have brittle nails and pale skin.

### Vitamin D

As we get most of our vitamin D levels from natural sunlight, it's easy to not get enough of a daily dose. Those who work indoors and spend very little time outdoors are most at risk of a deficiency. It can be difficult to get a decent level of vitamin D from your diet alone, so supplements are often required for those who are deficient in the vitamin.

### Iodine

The thyroid hormone is reliant upon iodine during its production. The hormone is crucial for regulating the heartbeat, calorie burn and skin turnover. Like vitamin D, the body isn't able to create its own Iodine supply. Instead, it can only be consumed via foods or supplements.

Those who live in an area where the soil is iodine deficient are most likely to not get enough in their diet. These include river valleys and mountainous areas.



## Vitamin C

Despite it being one of the most important vitamins for our health, a vitamin C deficiency is common. Those who smoke, drink excessive levels of alcohol and who are on dialysis for kidney disease are most at risk. When you have a vitamin C deficiency, it can cause gum disease, a weak immune system and skin issues.

## Calcium

Many of the body's functions are reliant upon calcium. The mineral is also important for the development of healthy, strong bones and teeth. Postmenopausal women are the ones most at risk of a calcium deficiency. This is because they tend to lose bone mass at a fast rate while their calcium absorption capabilities decrease.

If you have a deficiency in calcium, you may experience tingling or numbness, an abnormal heartbeat and convulsions. However, these symptoms usually only present in severe deficiency cases.

These are just some of the most common vitamin and mineral deficiencies you can suffer with. However, if you don't have a healthy balanced diet, you could end up deficient in any type of vitamin or mineral. If you do develop a deficiency, supplements can help. However, it is better to try to get more vitamins and minerals through diet and lifestyle choices alone.



## Nutritional Supplements to Help Prevent Illness and Disease

Often times, we find ourselves running to the drug store or the all-night clinic so that we can feel better after catching a cold, or worse yet, the flu. More often than not, we are all so busy that there is no time for preventative maintenance when it comes to our health.

However, an ounce of prevention is certainly worth a pound of cure when it comes to preventing illness and disease. If you invest a little time and a little bit of money into preventative medicine and techniques, chances are that you will be spending less time and money at the doctor's office and clinic down the road.

There are many ways to prevent illness and disease.

- Proper nutrition
- Vitamins and supplements
- Good hygiene
- Homeopathic remedies

One of the best ways to prevent illness and disease, however, is in the nutritional supplements you take. Truth be told, many individuals are so busy that cooking, exercising, and even sometimes washing your hands an extra time or two throughout the day are all a struggle.

A dietary supplement is meant to enhance your nutritional value, not replace it. The most common form of dietary supplement is the vitamin pill. Traditionally, many individuals take more Vitamin C during the winter to prevent colds and flu, and more Vitamin D due to lack of adequate sunshine. A multi-vitamin with minerals is commonly taken all year round to help prevent disease and keep the body's immune system running optimally.

Due to lack of proper nutrition or time for proper nutrition, most individuals turn to vitamins and mineral supplements.

More serious than coughs and colds are diseases like heart disease. Fish oil and CoQ10 are just two of the supplements necessary to help provide for a healthier heart. Anyone over age 50 should consider taking these supplements as well as nutritional supplements from the vitamin B family for a healthy heart.

A vitamin supplement is exactly that – something to supplement your dietary intake, not replace it. Vitamins, minerals, herbs, botanicals, and amino acids are all forms of supplements.

As always, if you are concerned about a particular illness, perhaps one that is hereditary, speak to your doctor and ask about which supplements he or she would recommend for that particular illness or disease.



## Common Questions about Vitamin and Mineral Supplements

If you're planning on taking vitamin and mineral supplements, it helps to do your homework. There are a lot of things to know about supplements before you add them to your daily diet.

Here, we'll take a look at answers to some of the most common questions about vitamin and mineral supplements.

### Who Needs Vitamin and Mineral Supplements?

Vitamin and mineral supplements are often considered something everyone should take. However, if you eat a balanced healthy diet and you're generally healthy, you might not need them at all.

Supplements are made to provide additional nutrients to those who need them. Deficiencies can be caused by a range of factors including medical conditions. So, when the body isn't getting enough nutrients, supplements can help. Just remember that they are in no way a replacement for a poor diet.

### Are Supplements Regulated?

You'd think that anything you can take for your health would be well regulated. However, when it comes to supplements, that isn't always the case.

The supplement market isn't regulated like medications. They can be sold without any actual proof of purity, effectiveness or safety. A recent study has shown that over 500 supplements have been found to contain pharmaceuticals of some kind. These included antidepressants, steroids and weight loss medications.

So, if you do plan on buying supplements, make sure you purchase them from a well-known supplier. Check out reviews too as these will give you a good idea of how effective the supplements are.

## Can You Take Too Many?

The answer to this is yes; you can actually take too many vitamin and mineral supplements. While most won't cause serious harm, some types can even prove fatal when taken in excess. This is something a lot of people are unaware of. There is a common belief that supplements are natural so it's impossible to overdose on them. However, you need to make sure you are sticking to the daily dietary requirements.

## Are They Safe?

Following on from the last point, supplements are largely safe to take. Provided you do buy them from a reliable supplier, you won't have to worry about any nasty added ingredients. Most people would also find it hard to overdose when following the instructions provided.

However, you still need to be aware of the potential safety risks if you do take them in excess. It is also important to check with your doctor before you take any form of supplements. This is because supplements have been shown to sometimes interact with medications. They can impact how effective the medications are. So, if you were to simply start taking them without consulting with a doctor, they could cause your medication to work incorrectly.

Overall, vitamin and mineral supplements can do wonders for the health. However, it's important not to become too reliant upon them. Instead, it is much better to get the nutrients you need naturally via your diet where possible. You should also do your homework to ensure you know the risks and benefits of each supplement.

## What's Next?

I hope you've found this guide useful. I'd recommend you print this eBook, if you haven't done so already, and work your way through each section one by one.

It's easy to feel overwhelmed at this point and feel there's a lot to think about.

Start off by deciding which part you want to start with first (it really doesn't matter ... what's important is that you start) and schedule in a 60-minute slot in your diary over the next couple of days.

Create a non-distraction zone; switch off your phone, close down your email and shut off social media. Focused time will serve you well.

[INSERT YOUR CALL TO ACTION HERE]

Please note: Supplements for Health provides basic information about supplements and vitamins, but it is not a medical resource. If you have a medical question, please see the appropriate medical professional.