

Multivitamin

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Making up the Difference

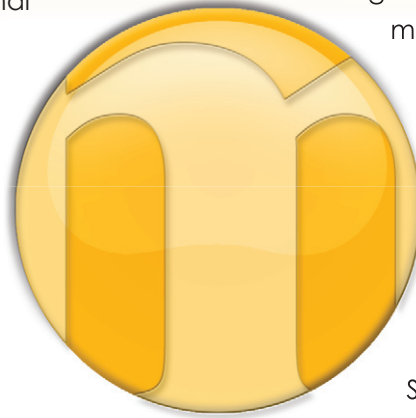
A multivitamin helps bridge the nutritional gaps between the foods you eat and the needs of your body. According to an article published in the Journal of the American Medical Association, "Most people do not consume an optimal amount of all vitamins by diet alone. It appears prudent for all adults to take vitamin supplements." But a vitamin alone is not enough; you also need essential minerals. Vitamins and minerals are interdependent, requiring the presence of one another to receive the full benefits of either.

Vitamins in the Body

A vitamin is an organic compound required by the body for essential metabolic reactions. They are bio-molecules that act as both catalysts for and agents in chemical reactions throughout the body. Vitamins are classified as either water-soluble or fat-soluble, and they are vital for the normal growth, development and maintenance of cells, tissues and organs that make up the body. The human body requires 13 basic vitamins, four fat-soluble (vitamins A, D, E and K) and nine water-soluble (8 B-vitamins and vitamin C). Because the body doesn't store most vitamins, we have to consume them consistently to avoid deficiency. Vitamins promote the fluidity of blood, aid in blood clotting, and support the structural and circulatory systems. They act as coenzymes to carry chemical groups throughout the body, improve immune function, maintain the nervous system, promote energy, maintain good vision and support the body in times of stress. Some vitamins also possess powerful antioxidant properties.

Minerals in the Body

Dietary minerals are the chemical elements required for the sustained existence of living organisms. They can be classified as either macro minerals, which are necessary in relatively large amounts, and micro or trace minerals, which are required in relatively small amounts. Minerals have a profound affect on overall health as they support the structural system, neutralize acidity, aid in the production of red blood cells and increase energy production. Some minerals, such as magnesium, are necessary for a variety of enzymatic reactions and other vital body functions.



Vitamins and minerals act as the building blocks of health. They lay the foundation for everything that goes on inside our bodies; thus, consuming sufficient amounts of vitamins and minerals is of the utmost importance. Nature's Sunshine's vitamin and mineral supplements provide complete, balanced nutrition, offering 100 percent or more of most vitamins and generous amounts essential minerals.

NATURE'S SUNSHINE[®]
Habit of Health