

# The A-B-C's of Supplements

## What's the Final Answer?

by Margy Squires



In the past 45 years more than 150,000 studies have been published on vitamins; 30% in the '90s alone. Two trends have emerged: 1) **Higher vitamin and mineral intake correlates to good health, and 2) lower intake levels correlate to disease.** This comes as no surprise to many of us who look and feel younger and stay more active because we supplement. Vitamins, minerals and other nutrients are essential to normal body functioning and possess the amazing ability to promote optimal health. They also reduce the health risks of and can be used to treat type II diabetes, rheumatoid arthritis and other age-related diseases. **Take the test. Although there are right and wrong answers, the final answer is that supplements benefit your good health. What you don't know may be what you're missing!**



**1 The mineral low in 70% of Americans.**  
a) Iron b) Calcium c) Magnesium d) Zinc

**2 Nutrient commonly deficient in arthritis.**  
a) B6 b) B5 c) B12 d) All three

**3 The antioxidant 3-4 times more powerful than the others.**  
a) Vitamin C b) Vitamin E c) Vitamin A  
d) Alpha Lipoic Acid

**4 The bioflavonoid known as nature's antihistamine.**  
a) Rutin b) Hesperidin c) Quercetin d) Lycopene

**5 The one not an amino acid.**  
a) Carnitine b) Arginine c) Lysine d) Glutamine

**6 The plant part of valerian harvested for medicinal purposes.**  
a) Leaves b) Stem c) Root d) Flower



**7 The main neurochemical which helps regulate sleep.**  
a) Melatonin b) Serotonin c) Relaxin d) 5-HTP

**8 A memory, learning and mood nutrient to help "brain fog".**  
a) Phosphatidyl Serine b) Lutein c) Feverfew  
d) Curcumin

**9 Supplements are regulated by the FDA.**  
a) True b) False

**10 The best way to obtain your daily vitamin and mineral requirements.**  
a) Eat a balanced diet.  
b) Maintain a healthy digestive system.  
c) Take a multi-vitamin/mineral complex.  
d) All three



**How is your supplement savvy? Knowledge maximizes your health score. So be aware and be well!**



**ANSWERS (No peeking):** 1] c. Magnesium is present in almost every cell in the body. The short list of deficiency symptoms includes fatigue, muscle tightness and pain, brain fog, headaches and irritable bowel. The Krebs energy cycle cannot function without magnesium. 2] d. All three. Studies have shown these B vitamins work well together to help reduce the pain and inflammation caused by arthritis. 3] d. Alpha Lipoic Acid is not even classified a vitamin, yet it is 3-4 times more powerful than vitamins A, C, E. All antioxidants work better in combination with each other. 4] c. Quercetin stops histamine reactions before they start, making it an effective allergy weapon. 5] a. Carnitine is an amino acid cousin which is not involved in the protein building business but is great for fat regulation. 6] c. Only the root. Herbs are great for health if you know and use standardized extracts based on research. 7] b. Serotonin. Melatonin is released from the pineal gland when there are adequate supplies of serotonin. 5-HTP is a precursor supplement for both serotonin and melatonin. 8] a. More than 100 human research studies tested and found Phosphatidyl Serine benefits almost every brain function and activity. 9] a. True. The FDA regulates supplements through labeling, as well as scrutinizing structure function claims and random testing of end-products. 10] d. All three. As the name implies, supplements should supplement your diet and health, not substitute for poor lifestyle or eating habits.