

Supplements A-Z Guide



Your Handy List of Supplements For When Your
Diet Doesn't Provide Everything You Need

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Disclaimer

We hope you enjoy reading this publication, however, we do suggest you read our disclaimer.

All the material written in this document is provided for informational purposes only and is general in nature.

Every person is a unique individual and what has worked for some, or even many, may not work for you. Any information perceived as advice must be considered in light of your own particular set of circumstances.

The author or person sharing this information does not assume any responsibility for the accuracy or outcome of your use of the content.

Every attempt has been made to provide well-researched and up-to-date content at the time of writing. Now all the legalities have been taken care of, please enjoy the content.

Introduction

Taking dietary supplements has been a way for many people to get healthy and strong. The exponential rise of the supplement market shows that more and more people are taking supplements every day.

Over the years, people have become more invested in their health and wellness, which has paved the way for the popularity of dietary supplements. Dietary supplements help us increase our intake of essential vitamins and minerals, which our body needs for various physiological functions.

While ideally we should get most of these nutrients from our diet, the foods we eat may not always contain all of the necessary vitamins and minerals we need.

Therefore, supplements are recommended to meet the required dietary guidelines and avoid the risk of being vitamin or mineral deficient.

There are hundreds of supplements offered in the market today, but not all supplements are created equally. You need to be aware of what may be helpful to you, or just a waste of your time and money.

If you are not sure if you are lacking in any specific nutrient, you can speak to a nutritionist or health care provider.

Here are some vitamins and minerals to help you reach your optimum health.

Supplements A – Z Guide

Vitamin A

If you can read this guide without any problem, thank your vitamin A reserves! Vitamin A is an essential nutrient necessary for keeping the eyes healthy. This vitamin also helps slow down the effects of aging on our eyesight.

Other benefits include promoting a healthy immune system, supporting bone health and healthy cell growth. A lack of vitamin A can lead to an increased risk of age-related macular degeneration and other eye problems.

Vitamin B12

Vitamin B12 has several benefits that can help keep our bodies functioning correctly. It is vital for our brain, nervous system, and producing healthy red blood cells. It can help keep neurons in the brain healthy, minimizing the risk for brain atrophy associated with memory loss and dementia.

Vitamin B12 is also linked to preventing and treating depression, as it is an integral part of serotonin production. Another benefit is it can help improve energy levels. A sign that you may be deficient in this vitamin is that you may feel tired all the time, and extremely lethargic.

Vitamin C

This is a vitamin not to be deficient in. The demand for vitamin C has skyrocketed during the outbreak of COVID-19, and for good reason. Vitamin C is an excellent immune system booster.

Aside from strengthening the immune system, it is also a powerful antioxidant that fights cell oxidation caused by free radicals. This is what links vitamin C to lower risks of developing cancer and cardiovascular disease.

Vitamin C also helps to keep your body functioning optimally and helps to keep your skin, bones, muscles, and tissues in tip-top condition.

Vitamin D



You may be familiar with vitamin D being called the sunshine vitamin, as sunlight exposure helps our body produce this nutrient. The primary role of vitamin D is to help the body absorb and retain calcium and phosphorus, making it essential in building and keeping bones strong.

A vitamin D deficiency has been linked to various health conditions, such as cancer, type 2 diabetes, and heart disease. It can also increase the risk of fractures, as the bones can become weaker when deficient.

Vitamin E

Vitamin E is a fat-soluble antioxidant that has several benefits. As a powerful antioxidant, vitamin E protects cells from oxidative damage due to free radicals. Vitamin E can help with skin healing and help prevent many health problems, such as heart disease, inflammation, and eye problems.

Folic Acid

The dietary supplement form of vitamin B9 or folate is folic acid, a fat-soluble nutrient essential in various physiological processes, including the production of red blood cells.

Folic acid is often prescribed to pregnant women as folate is vital in preventing congenital disabilities in the fetus, such as spina bifida and anencephaly. Brain health among older adults could also benefit from folic acid, as low levels of folate may lead to poor cognitive function.

Other benefits of folic acid include improved heart health, blood sugar regulation, reduced inflammation, minimized risk for kidney disease, and increased fertility rate.

Glucosamine

Glucosamine is a naturally occurring compound found in the body and is essential for healthy joint function and eye health. Glucosamine's primary function is to help produce proteins and fats in the joints. It also helps minimize the friction of bones, enabling them to move more freely.

Glucosamine also protects against the breakdown of cartilage. Apart from keeping joints healthy, the antioxidant effects of glucosamine are also beneficial to patients with glaucoma, a common eye condition that can lead to blindness.

In addition, glucosamine can also minimize chronic inflammation that may lead to severe health conditions such as heart disease, diabetes, and arthritis.

Hydroxytryptophan (5-HTP)

Hydroxytryptophan, or 5-HTP, is an amino acid produced naturally by the body. Its primary function is to aid in the production of serotonin, making it beneficial to help people with low serotonin levels, which can lead to depression, sleep disorders, anxiety, and weight gain.

Hydroxytryptophan might also relieve symptoms of fibromyalgia, and reduce migraine frequency.

Iron

Iron is an essential nutrient the body needs to keep healthy and strong. It is used in the production of hemoglobin in red blood cells. Low iron levels may lead to iron deficiency anemia, which can cause a lack of energy, heart palpitations, shortness of breath, and headaches.

Vitamin K

Vitamin K is a necessary nutrient to help prevent wounds from bleeding continuously, as it helps the blood clot as it should. Vitamin K also helps prevent the weakening of bones.

Lutein

Lutein is known as the eye vitamin. Lutein is an organic pigment carotenoid found in the different parts of the eye, specifically in the retina. It helps the eyes filter light and protect eye tissues from damage caused by aging.

Lutein is an antioxidant that may reduce oxidative damage to the eyes caused by free radicals. Therefore, lutein may help slow down the progression of age-related macular degeneration and cataracts.

Magnesium

Magnesium is an essential nutrient, found in every cell of the body. It is also part of hundreds of biochemical reactions, including energy creation, protein production, muscle movements, and nervous system regulation.

Magnesium reduces muscle strain and helps prevent muscle cramps. Magnesium also helps regulate blood sugar levels by controlling glucose and insulin. This amazing nutrient can also help improve sleep and manage anxiety symptoms.

Magnesium is also an important mineral for keeping the bones healthy and minimizing the risk of osteoporosis. It also helps to prevent migraine headaches and reduce menstrual cramping.



Niacin

Niacin, or vitamin B3, is a vital nutrient for achieving good health. It is involved in various biochemical reactions in the body, including converting energy from our food intake.

Niacin is beneficial in keeping the heart healthy, as it may reduce blood pressure while increasing levels of HDL or good cholesterol. Other benefits include improved skin health and better brain function.

Omega-3 Fatty Acids

Omega-3 fatty acids are another popular supplement that has several benefits. It is mainly known as a nutrient essential for heart health. Omega-3 fatty acids also help in lowering blood pressure and reducing triglycerides.

Omega-3 fatty acids may also slow the progression of plaques in the arteries, minimizing the risk of heart attack and stroke. Aside from preventing and managing heart disease, omega-3 fatty acids can also help improve eye health and may also help manage symptoms of anxiety and depression.

Potassium

Potassium is another essential nutrient that our body needs to function correctly. Its primary task is to ensure that the body maintains normal fluid levels inside the cells.

Among the benefits of potassium, it helps blood pressure regulation and can reduce the risk of cardiovascular disease. Aside from helping keep the heart healthy, potassium is vital in bone and muscle maintenance. Individuals who eat foods high in potassium have higher bone mineral density.

Potassium may also support the muscles, especially as we age. Lastly, potassium also plays a vital role in kidney health by helping the kidneys absorb less calcium. Increased calcium levels in the kidneys can lead to developing kidney stones. A great source of potassium is bananas.



Quercetin

Quercetin is an antioxidant and has anti-inflammatory benefits. Its primary function is to neutralize free radicals, which helps to reduce inflammation. Chronic inflammation has been linked to multiple health problems, including cancer, heart and kidney diseases, and rheumatoid arthritis.

Its anti-inflammatory benefits also have the potential to ease allergy symptoms and even decrease one's risk of developing degenerative brain disorders such as dementia and Alzheimer's disease.

Resveratrol

Resveratrol is classified as a polyphenol, a type of plant micronutrient, and is commonly found in peanuts and berries. It is an effective antioxidant and contains anti-inflammatory properties.

The benefits of resveratrol supplements mainly center around their anti-inflammatory effects. Resveratrol is effective in preventing and managing diseases related to cardiovascular health as it can help manage cholesterol levels and lower the risk of heart attack and stroke.

It is also effective in helping to regulate glucose levels, making it beneficial for individuals diagnosed with type 2 diabetes.

Selenium

Selenium has several health benefits as an antioxidant. It is an essential nutrient that we can derive from our diet. Selenium's antioxidant properties help protect thyroid glands from cell damage caused by free radicals.

Other antioxidant benefits include boosting the immune system, preventing mental decline, and may also help to keep our heart healthy.

Thiamine

Thiamine, or vitamin B1, is a nutrient commonly found in our diet. Its primary function is to help our bodies adequately convert the carbohydrates we eat into energy. It is also essential for nerve health.

Individuals with low levels of thiamine typically experience inflammation of the nerves. Thiamine is also used to help treat digestive problems, nerve pain related to diabetes, and heart disease.

Valerian

Valerian supplements are derived from the valerian plant and are used to help manage sleep problems such as insomnia. Its primary purpose is used for its sedative benefits. Valerian is also used in treating stomach cramps, anxiety, stress, and fatigue.



Wild Yam

Wild yam is another plant that has long been used as alternative medicine. It is used as a natural estrogen therapy, to help manage various symptoms of menopause and other menstrual problems.

Yerba Mate

Yerba mate is more commonly used as a herbal drink but is also available in supplement form. Yerba mate contains caffeine, making it an effective antioxidant, and can help sharpen focus and alertness and boost energy.

Yerba mate may also help boost the metabolism, thus making it helpful in losing belly fat and weight loss.

Zinc

Zinc is a vital component in different physiological functions, including the formation of DNA, metabolism, immunity, and growth. Zinc can help boost the immune system, decrease inflammation that could lead to various illnesses, and help minimize the risk of developing age-related diseases.

It can also assist with wound healing and other skin issues, such as treating acne by inhibiting the growth of bacteria, suppressing the oil glands, and reducing inflammation.

Conclusion

Taking dietary supplements is a great way to ensure that you get the most nutrients and benefits for your health if your diet is inadequate. However, experts agree that eating healthy foods is your best primary source of essential vitamins and minerals.

A clean healthy lifestyle ensures that your body absorbs the nutrients it needs. The best way to achieve holistic health and wellness is a combination of a healthy diet, an active lifestyle, and if necessary, taking supplements that would best fit your nutritional needs.

A point to remember. If you are taking prescribed medications, some supplements may counteract the effects of some medications, and others may be of benefit alongside your medications.

As a general rule, always consult your health care professional who knows your medical history before taking any supplements. You should never self-diagnose!

