

How to choose a

HIGH QUALITY FOOD SUPPLEMENT?

Learn the right questions to ask with this helpful checklist.





Shopping for a high quality supplement can be confusing and downright frustrating.

There are so many brands vying for your dollar and they all say they're the best.

Unstable times underscore the need to spend wisely; investing in your health today might save even more in the long run.



Every purchase you make is important to you. You want to get the most for your money.



So how do you separate the good from the not so good?

The key is to know the right questions to ask.

Let's review what questions to ask when you are looking for a high quality supplement:



✓ Does it dissolve at the right time, in the right place?



Vitamins, minerals, and other nutrients should be delivered to specific regions of your digestive system for enhanced absorption and utilization. Other brands may not be designed with optimal absorption in mind.

One way to test is to see if your supplement dissolves when placed in water within 30 minutes or less. That is the same standard the pharmaceutical industry uses for tablets. Otherwise it goes in one end and out the other.

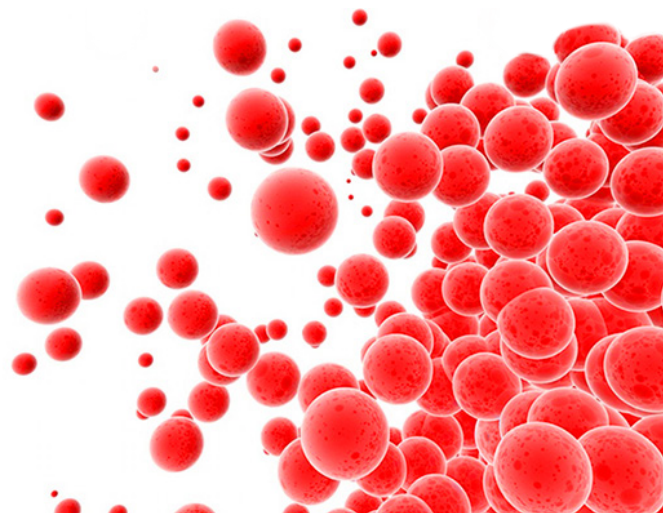
That is just the very beginning.

✓ Are they being absorbed in your bloodstream?

It's important that the supplements you are taking are absorbed and assimilated into the bloodstream where they are available to the cells. Always ask the company for peer reviewed research on their products.

The key word here is peer reviewed.

That means it is unbiased, legitimate research vs. advertising research where you pay someone to publish your research in what looks like a legitimate journal.





Is there balance in the formulation?

Balance is critical to a well-formulated multi-vitamin supplement. Many nutrients do not work effectively unless in a certain balance.



Are sugars, artificial colorings or sweeteners used?

It is common for vitamins to have artificial coloring and sweeteners in them. Read the labels to determine their presence.



Have they been extracted and preserved 100% in its live form as found in nature?

When you consume something that's not found in nature, the body becomes combative and either makes it ineffective or produces adverse reactions to the substance.

Not only should all nutrient factors be natural, but also, the processing should maintain its value.

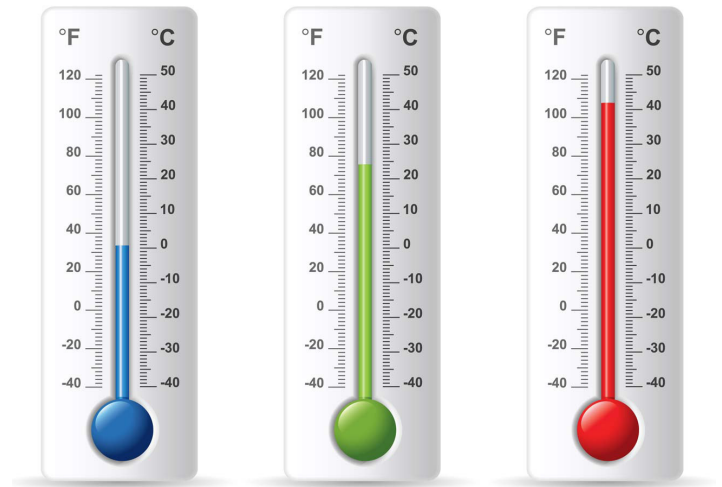




Is the manufacturer using a “cooling” system to preserve nutrients?

When supplements are manufactured at a low temperature, all the vitamins, minerals, enzymes, phytonutrients are not lost in the process.

Without the enzymes, the body cannot utilize or absorb the nutrients effectively. It is common for companies to use too much heat and pressure in manufacturing supplements.



Are the vitamins designed in a broad spectrum?

There isn't a single cookie cutter vitamin out there that could very well respond to all the unique requirements of each vital organ and cell in your body. That's because cells are created to be unequal, smart and unique. Your brain cells have different nutritional demands from your kidneys. So does your skin and your liver.

This is called nutritional design.

When the full spectrum of the nutritional design is met, only then can you say that multivitamins have truly done their job of enhancing your quality of life.



✓ Is the amount on the label the amount in each tablet?

A common problem in the food supplement industry is **quality control**.

It is not uncommon for the amount in each individual tablet in a bottle of supplements to vary dramatically.

✓ The final product, not just the raw materials, has to be scientifically tested and approved.

Actual testing of the finished product is the most crucial part of clinical testing because it's where you're able to evaluate if the vitamins and its components actually work as a whole.

It is also the most expensive part; companies need to go through protocols for that, and also need the results studied and published by scientific and scholastic journals for them to account as substantial.





The sad thing though is that most manufacturers that produce multivitamins do not conduct their true science.

**They test the raw materials individually,
but not the actual finished product.**

Further, they accomplish these through their own backyard testing, with their own chemists and pharmacists, and borrow from concepts of previously established studies!



Imagine how prone to bias that is.

**I want to reveal some information some vitamin manufacturers
and the drug companies don't want you to know.**

**Most people aren't aware of it, but the ingredients of most vitamins
and supplements are produced with little or no supervision.**

You have no guarantee about the purity or quality of the raw ingredients. It's a sad fact, but manufacturers are not required to provide any scientific evidence of efficacy or safety.



In the supplement industry, you can put a product on the market & you don't have to make any investment to know whether it has high quality or high purity, you don't even have to do any research to understand if it is safe.

However, as a consumer, you need to distinguish the companies that do choose to test for purity, potency and efficacy. One of the reasons many companies don't do this type of testing, is because it's very expensive and that usually results higher quality and higher priced products.

Recap:

How can I determine the quality of a dietary supplement?

Dietary Supplement Quality Product and Manufacturer Considerations

- Consistency
- Quality of raw materials
- Quality of ingredients
- Formulation
- Quality of analysis
- Investment in research (safety)





How do manufacturers analyze dietary supplements?

They use a variety of analytical tools.

Equipment for Quality Analysis

- IR - infrared spectroscopy
- GC - gas chromatography
- MS - mass spectrometry
- HPLC - high pressure liquid chromatography





I want to thank you for taking the time to read my vitamin checklist and I hope it helps you make a more informed choice when you decide to shop for your next vitamin supplement.

If you'd like to learn more about the food supplement program I'm using to build my health, I'd love to hear from you.

Feel free to call me, or friend me on [Facebook](#).

Bonnie Smit
bonniesmit.com
519-312-9271

Are you looking for the best food supplement money can buy?
You can find my favorite wellness products here:

My Wellness Shop

This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure