

How to take supplements

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We take supplements for many reasons, we either want to protect our heart, speed up our metabolism or have more energy. Whatever the reason may be supplementing your diet is a clutch component of a healthy lifestyle. However, even though we give it our best, it may not be enough to live as healthy as we would like. Did you know that low-fat diets, for example, reduce intakes of essential vitamins? Yes, that's a fact and one way we can increase those levels is by supplementing our diets and taking additional vitamins in the form of a supplement. If you found this surprising, we recommend reading on as there may be a few more facts that might catch your attention.



Here are a few of them that you should know:

Do:

1. Wash supplements down with water or juice.
2. Keep supplements in a cool, dark and safe place.
3. Always check with your doctor if you are taking medication to ensure there are no contraindications.

DON'T:

1. Exceed the recommended dose on the packaging.
2. Double up if you miss a dose. Just take it at the next scheduled time.
3. Take supplements with hot drinks, coffee or tea.



1. Your body can absorb only a certain amount of vitamins at a time, and therefore, it's better to stretch the dose out over a day. Vitamin C is a good example. Take no more than 500 to 1,000 mg at one time. Vitamin C does not stay in the bloodstream for more than a few hours. So taking them throughout the day maximizes blood levels over a longer period.
2. Most of the supplement should be taken 30 minutes before or two hours after a meal. Bitter herbs to improve digestion should be taken with water 15 minutes before a meal, multivitamin, and fish oil during main meal of day. Iron supplements on the empty stomach. Timing depends on the desired benefits. To aid digestion, take enzymes at the beginning of a meal. Systemic enzymes to treat a condition, such as Bromelain to reduce inflammation, should be taken between meals.

Give a thought to this. Many supplements offer you the ability to aid in different aspects of the digestive process but Nutricreation, Digest Matrix, has formulated a non-GMO capsule that offers you 18 different digestive enzymes in just one capsule. These enzymes help ensure proper digestion with each meal regardless of the food group consumed. Read your label carefully. For Digest Matrix the recommended use is 1 to 2 capsules with each meal or as needed. Each capsule provides one or more forms of the following enzymes:



- Alpha Galactosidase: Helps digest beans, legumes, and vegetables.
- Amylase: Helps digest carbohydrates.
- Beta Glucanase: Helps digest fiber and grains.
- Bromelain: Helps digest proteins and acts as a natural anti-inflammatory.

Cellulase: Helps digest plant wall and fiber.
Glucoamylase: Helps digest carbohydrates.
Hemicellulase: Helps digest carbohydrates in plant foods.
Invertase: Helps digest sucrose.
Lactase: Helps digest milk sugar in dairy products.
Lipase: Helps digest fats.
Malt Diastase: Helps digest carbohydrates from grains.
Papain: Helps digest proteins and acts as a natural anti-inflammatory.
Pectinase: Helps digest fruit and vegetables.
Phytase: Helps digest phytic acid in nuts and grains.
Protease: Helps digest protein.
Xylanase: Helps digest plant wall fiber.

3. Keep your supplements in a cool, dark and safe place. Fish Oils supplement capsules should be refrigerated. A common complaint amongst consumers of Fish Oil supplements is the “fishy” smell and aftertaste. Nutricreation , for example, has formulated a capsule that eliminates those issues but still suggests refrigerating capsules. Nutricreation’s Omega-3 Mega 400mg EPA / 300mg DHA Essential Fatty Acid – Fish Oil is one of the company’s top sellers. Using only the finest Fish Oil available made from cold-water fish harvested from the Nordic Sea, the oil is then processed using one of the best purification methods available, Molecular Distillation. This process is the only current method that can remove heavy metals, PCB’s and other toxins below detectable limits for human consumption, which means you are getting the finest and purest oil, mercury free. In addition, this method allows for preservation of quality of the Fish Oil and guarantees that no trans fats are created.



4. There are many ways in which nutrients influence each other’s absorption.

- Minerals, in general, are better absorbed with vitamin C or with acidic foods.
- Calcium is better absorbed with vitamin D, lactose or protein. But, absorption decrease when combined with a large dose of magnesium, phosphate or zinc.
- Magnesium and calcium can compete for absorption with one another in doses higher than 250 mg.
- Iron and vitamin B6 - absorption decrease when combined with coffee, tea, and zinc.



5. It is recommended to speak with your healthcare provider before starting any supplementation. According to Nutricreation, which offers a 500 mg capsule of L-Carnitine, it is recommended to ask your healthcare provider before starting amino acid supplementation. This non-essential amino acid helps to maintain overall good health by facilitating the transfer of fatty acid groups into the mitochondrial membrane for cellular energy production. Nutricreation has been able to formulate a capsule that offers L-carnitine in its purest form.



About company

Nutricreation was started with the intent to aid and empower people just like you with the products and tools that will allow you to lead healthier lives. In this fast-paced world, many of us are missing out on essential nutrients that our body and mind need. Whether it is an increase in processed foods that are consumed or the convenience of fast food, we all need help balancing our body's needs. At Nutricreation, our mission is to provide our clients with the best nutrition for their body. With a commitment to excellence, we are able to provide you with high-quality products backed by extensive research and testing. This allows us to bring all of nature's goodness directly to you.

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