



WHAT YOU DON'T KNOW COULD HURT YOU: The Straight Scoop About Nutritional Supplements

Vitamins, minerals and essential fatty acids are critical to our health and survival. And, since they cannot be manufactured by our bodies, we need to get them through our diet or nutritional supplements. Without them, we are at risk for a long list of nasty diseases. Historically, we got all of our nutrition from food, but one look at the Department of Agriculture's National Nutrient Database (the authority on how much nutrition is in the foods we eat) shows that the nutritional content of foods continues to decrease, an apparent result of modern farming and food processing practices. As a result, supplemental nutrition has become increasingly important, so much so that even the AMA (American Medical Association) has recommended the use of a multiple vitamin mineral supplement to maintain health.

All created equal? So, you should be taking a multiple vitamin, right? And they're all pretty much the same, right? Afraid not! This is a common misconception. The differences in ingredient quality, formulation, microbial (bacteria, molds etc.) safety, and packaging (toxic vs. non-toxic) are huge. You cannot depend on the company literature to figure out which products are useful and safe, either. The FDA, consumer protection agencies and independent laboratories have consistently found quality and safety problems with nutritional supplements that get past government regulation. Still not convinced? Then take a look at this article ([click here](#)) from the Wall Street Journal.

Who can we trust? At our clinic, we recommend Safe & Sound Supplements. The Safe & Sound® multiple vitamin was created and manufactured specifically to provide the absolute highest quality and safest natural nutritional supplement available anywhere. There is no other product that is as carefully manufactured and screened. Here are some of the important points you should consider with any multivitamin selection, and why Safe & Sound® leads the way.

Start with the label. What the product contains or doesn't contain tells a story with as many plots as a novel. The supplement facts list tells you what percentage of the daily value or DV (used to be called the RDA) is contained for each ingredient. The best combination contains all of the required vitamins and minerals, most of them at 100% of the daily value, except the big minerals such as calcium and magnesium that should be taken separately. Many products out there have 10% of one ingredient and 2000% of another. Look for a balanced 100% list on the label. The Safe & Sound Multivitamin includes the highest quality forms of all of the required vitamins and minerals and most (except calcium and magnesium) at 100% of the DV.

What is not in your supplement is as important as what is. Most supplements contain one or more potentially trouble-

some added ingredients such as dairy, eggs, soy, yeast, corn, sugar, wheat, salt, artificial colors, artificial flavors or sodium lauryl sulfate (SLS) that can spark allergic or other reactions. Unfortunately, not all of these additives are required to be spelled out on the label. All Safe & Sound products, including the multivitamin mineral, are free of these.

Safe & Sound® products are manufactured from the purest natural sources and then screened by 3rd party, FDA-accredited laboratories (very important, since it doesn't make much sense for companies to be checking themselves when there is money involved) for heavy metals such as arsenic, lead and mercury, pathogenic (can make you sick) bacteria, molds and other contaminants that have known health risks such as cancer and infection. This is important for anyone who wants to avoid exposure to disease-causing pathogens and chemicals, and especially important for cancer, heart, HIV and other patients, for whom these risks are critical. There are numerous reported cases where such contaminants in supplement products resulted in very serious medical consequences. Sadly, rigorous screening is not required by the government and is, therefore, not done for most supplements because of cost.

And then there's packaging. And then there's packaging. Glass is by far the best packaging material, since it does not leach out the harmful chemicals that can come from plastic. Once again, glass is much more expensive than plastic, but well worth it. All Safe & Sound products are packaged in amber glass that reduces UV radiation, which can degrade the product's effectiveness; and childproof caps are used for added safety. As you know, most supplements are packaged in plastic bottles.

The bottom line... multiple vitamin minerals are not all created equal and the differences can have a very real effect on your health. The Safe & Sound® multiple vitamin mineral is the highest quality available anywhere. Period!

For more on supplement safety, refer to the article mentioned above. ❖