


ERC: Nutritional ABCs: Strategies for Optimizing Your Energy by Balancing Your Vitamin Intake - Supplementation



Nutritional ABCs: Strategies for Optimizing Your Energy by Balancing Your Vitamin Intake

with
Dr. Ritamarie Loscalzo

Supplementation

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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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To Supplement or Not to Supplement?

- As insurance for an already healthy diet
- When symptoms of deficiency in conjunction with a healthy diet
- Under adverse conditions that diminish specific vitamins, i.e., a cold, injury, infection
- NOT as a substitute for eating well
- NOT to “make up for” deliberate binges



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Hierarchy of Ways to Supplement

- Whole food concentrates
- Liquid vitamins from concentrated whole food sources
- Powders that can be dissolved in water or green juice
- Capsules without excipients
- Tablets without binders and preservatives



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Vitamin Mineral Rush

SUPPLEMENT FACTS

Serving Size 2 tsp daily
Servings per container 24

	Amount per 1/2 tsp	Daily Value
Vitamin A (Organic Beta Carotene)	5000 IU	1000%
Vitamin B1 (Thiamine HCl)**	4.0 mg	275%
Vitamin B2 (Riboflavin)**	2.4 mg	142%
Vitamin B3 (Niacin)**	4.3 mg	21%
Vitamin B5 (Pantothenic Acid)**	4.4 mg	44%
Vitamin B6 (Pyridoxine HCl) **	2.8 mg	140%
Vitamin B9 (Folic Acid)**	1.6 mg	400%
Vitamin B12 (Methylcobalamin)	12.0 mcg	200%
Vitamin C (Organic Ascorbic Acid)	60.0 mg	100%
Vitamin D3 (Cholecalciferol)	520 IU	130%
Vitamin E (Organic Annatto Extract)	40 IU	133%
Iron***	1.0 mg	5%
Iodine***	6.3 mcg	4%
Molybdenum***	1.3 mcg	2%
Chromium***	1.4 mcg	1%
Mineral Complex	28.0 mcg *	

Proprietary Blend †

Other ingredients: Purified Water, Stevia

Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Daily values measured at the time of blending.

* Daily Value not established.

** Vitamin B1, B2, B3, B5, B6, and B9 are from a certified organic blend of Guava, Holy Basil, and Lemon Extracts.

*** Iron, Iodine, Molybdenum, Chromium, and all trace elements are from an organic mineral plant source.

† Our Organic Mineral Complex is produced in nature and contains minerals and elements in trace amounts including: Barium, Bismuth, Boron, Bromide, Calcium, Carbon, Cesium, Chromium, Cobalt, Copper, Europium, Gadolinium, Gallium, Germanium, Lithium, Lutetium, Magnesium, Molybdenum, Neodymium, Nickel, Niobium, Nitrogen, Oxygen, Palladium, Phosphorus, Platinum, Potassium, Praseodymium, Rhenium, Rubidium, Samarium, Scandium, Selenium, Silica, Silver, Sodium, Strontium, Sulfur, Tantalum, Tellurium, Terbium, Thulium, Tin, Titanium, Tungsten, Vanadium, Yttrium, Zinc, Zirconium

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Whole Foods Vitamins



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Ingredients to Avoid in Supplements

- ✦ Hydrogenated oil
- ✦ Talc
- ✦ Sugar
- ✦ Artificial sweeteners
- ✦ FD&C colors
- ✦ Stearates
- ✦ Sodium Benzoate
- ✦ Titanium Dioxide



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Magnesium Stearate

- ✦ A lubricant so that the vitamins don't stick to one another or the equipment being used
- ✦ Safety is controversial
- ✦ One study links this compound to creating a suppressed immune system
- ✦ Other studies show that this 'chalk' will create a biofilm in the body that blocks absorbing any of the needed nutrients



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Synthetic vs Natural Vitamins

- ✦ Synthetics may be coal tar derivatives
- ✦ Naturals are lower potency
- ✦ Potentials for GMOs in synthetic
- ✦ Synthetics may be created using formaldehyde
- ✦ Some synthetics compete with natural for adverse effects (folic acid)



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