



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

Supplementation

with

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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](http://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.

# 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



# 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



# Vitamin Mineral Rush

## SUPPLEMENT FACTS

Serving Size 2 tsp daily

Servings per container 24

	Amount per serving	% Daily Value
Vitamin A (Organic Beta Carotene)	5000 IU	100%
Vitamin B1 (Thiamine HC)**	4.0 mg	275%
Vitamin B2 (Riboflavin)**	2.4 mg	142%
Vitamin B3 (Niacin)**	4.3 mg	21%
Vitamin B5 (Pantothentic 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 Amla 50% Extract)	60.0 mg	100%
Vitamin D3 (Calciferol)	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<sup>†</sup>

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.

<sup>†</sup>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

# Whole Foods Vitamins



# Ingredients to Avoid in Supplements

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



# 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



# 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)

