The Most Important Vitamins For Men

In modern times, food health and nutrition are major concerns. With so many options available, many people fail to meet their own nutritional needs. As men grow older, the need for specific nutrients will usually undergo some changes. How do your food choices affect your health, and what are some of the essential vitamins for men? In this article, we’ll be going over a few of the important vitamins and their purpose.

**Vitamin D**

Studies have shown that a large portion of the population are deficient in vitamin D due to a lack of exposure to the sun. Over time, vitamin D deficiency can have serious consequences such as cardiovascular disease, deteriorating brain functionality and even cancer. A healthy level of vitamin D can help prevent bone loss due its ability to make the body more efficient in its absorption of calcium. As men get older, the need for vitamin D should increase to help protect muscle and bone strength. Vitamin D can be found in leafy green vegetables.

**Magnesium**

One of these nutrients is magnesium. Magnesium supports more than 350 enzymatic functions in the body, many of which control vital systems such as metabolism, blood pressure, and sleep. It has also been linked to the prevention of long term health problems such as diabetes, heart disease, and migraines. A few places where magnesium can be found are leafy green vegetables, beans, and nuts.

**Vitamin C**

Scurvy and anemia are still issues for many adult men due to vitamin deficiency. Even though vitamin C is no longer considered the cure-all or silver bullet in the fight against colds, it’s still an essential component of a healthy diet. It aids in healthy aging as a high powered antioxidant, and protects healthy cells from free radicals that cause cell damage. Vitamin C can be found in a wide variety of fruits and vegetables. Some of them are oranges, lemons, limes, pineapples, broccoli, strawberries and tomatoes.

**Supplements**

Experts in the field of nutrition generally agree that the best way to get nutrition is through the the food you eat, but no matter how healthy your diet, there are almost always vitamins and minerals that become deficient due to daily life, diet and soil depletion, so in some cases a doctor may recommend a supplement. The FDA doesn’t regulate companies that create supplements as heavily as food or drugs sold in stores, so it’s up to each person to do the due diligence necessary to make informed choices.