

How to Make Your
Supplements Work

Even Better



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How to Make Your Supplements Work Even Better

If you're like most health-conscious Americans over 40, you're probably taking one or more nutritional supplements. And if you're like many, you may be a tad disappointed at the results you're getting.

If that describes you, then you'll love this report. It reveals the "missing link" that prevents most people from getting the results they should. Listed below are three simple things you can do to make any herbal remedy or nutritional supplement work up to 500% better!

These simple steps can make a dramatic difference in your health and well-being.

(1) Buy Your Supplements Based on Quality — Not Just Price

The biggest reason supplements don't work is they simply aren't absorbed into your bloodstream very effectively. This can be caused by two problems: The first has to do with the supplements; the second has to do with your body. Let's deal with the supplements first.

Poor quality supplements don't break down effectively and, even when they do, they often break down in the wrong place. For instance, many take so long to break down, they're in your intestines before anything happens. This prevents them from getting properly absorbed.

Some vitamins have a higher potency than others, some have better ratios of par-

ticular nutrients, and some are better absorbed. You usually get what you pay for, so the least expensive supplements are often not the best.

First, they tend to be lower in potency. You can tell this simply by looking at the ingredients list on the label. In cheap supplements, the amount of each nutrient listed will be a fraction of the amount you really need for optimal health. If you compared the cost ratio per ingredient, you'll see very quickly that you actually pay a lot more for "cheap" vitamins than you do for high-quality supplements.

Second, they tend to have the wrong balance of nutrients. Frequently, their formulas are based on older research and are not the balance that current scientific research suggests your body needs. That means you're paying for supplements that just don't work very well. Don't waste your money.

Most importantly, they are not particularly well absorbed. This means that the amount of a nutrient on the label is much less than the amount that gets into your cells. In other words, you're not getting the amount you think you are.

No supplements are 100% absorbed, but the cheaper ones tend to be much less absorbable than more expensive ones. If you don't buy supplements that break down and get used by your body, you're wasting your money and fooling yourself about how much your body is actually getting.

The form of vitamin or mineral you take is even more important than how much you take. The higher the quality, the more it gets absorbed. Each vitamin and mineral has specific forms that are better absorbed than others. Here are a few of them.

Calcium, magnesium, and many other minerals are best absorbed when they are bound to citrate, aspartate, picolinate, or amino acid chelate. Minerals need an acidic base to break down and get used. If your stomach does not produce enough stomach acid (hydrochloric acid) to help the absorption of these nutrients, the form the minerals take will give you the acidity you need to utilize them.

The other problem with absorbability is the type of vitamin used. Is it the natural form or the synthetic form? This makes a huge difference. For instance, opponents of natural foods and natural supplements have argued that synthetic vitamin E is just as well absorbed as natural vitamin E. However, scientific studies show that natural E is much better absorbed than the synthetic. When you're buying supplements, how can you tell which one is in the bottle? Simple. Your vitamin supplement will say either d-alpha-tocopherol or dl-alpha tocopherol. You can remember which is natural and which is synthetic by thinking, the extra "l" is for limited absorption. Dl-alpha forms of vitamin E are synthetic.

But even within the natural supplements, there are differences. For example, most B vitamins will break down in your body just fine. But some forms don't need to go through your liver for your body to use them. If you have hepatitis, are a recovering alcoholic, or suspect a clinical or sub-clinical liver problem, you may want your supplement to contain an easy-to-absorb form of the B vitamins.

Vitamin B6 is called pyridoxine. Your liver has to metabolize it. On the other hand, Pyridoxyl-5-phosphate, or P-5-P, is a co-enzyme form of vitamin B6. That is, it turns into B6 in your body, and does so

without going through your liver. So it's easy to absorb and tolerate. Co-enzyme B vitamins are best absorbed. If you think you want co-enzyme Bs, look for Pyridoxyl-5-phosphate on the label as an indicator of the form of the B vitamins it contains.

Finally, are capsules or tablets best for absorption? It depends on the quality of the supplement. Cheaper tablets may not disintegrate properly, while good quality ones do. Because some nutrients are best utilized in the stomach and some in the small intestines, the better brands are formulated so that the ones that need to be released first, in the stomach, are. Capsules are released in the stomach. Bottom line? Don't shop by price; buy a good quality supplement.

If your supplements aren't working as well as you think they should, it could be the quality. Make sure you're buying the highest quality available. If you are, and you're still not seeing results, make sure your body can digest them efficiently.

(2) Solving Poor Digestion

If you've looked at your supplements and know you're buying the best quality possible, but they still aren't working, the problem may be your stomach. The problem may be your stomach isn't digesting the supplements adequately. If you get gas, bloating, heartburn, or indigestion, you probably have a digestive problem.

Poor digestion can be caused by an overgrowth of bad bacteria or yeasts in your digestive tract. *H. pylori*, clostridium, and *Candida* are just a few pathogenic bacteria and fungi that can cause ulcers, cramps, diarrhea, and other gastrointestinal symptoms.

The solution is easy. Just take probiotics and other digestive enzymes.

You've probably heard of *Lactobacillus acidophilus*, and possibly *bifidobacteria bifidus*, as well. They are two of the most common types of probiotics, and the most studied. *Acidophilus* concentrates on the small intestines while *bifidus* lives in the

large intestines, or colon. Both of them produce enzymes that help digest foods. These enzymes also help ferment fiber found in beans and other carbohydrates into fatty acids. One of these fatty acids is called butyric acid. Your colon uses it as a fuel. Interestingly, butyric acid is low in many people with digestive diseases like colitis, colon cancer, and irritable bowel disease.

Acidophilus and bifidus both acidify your intestines. Since minerals need acid in order to be absorbed in the small intestines, adding acidophilus to your diet can help you absorb more of the minerals in your foods. Bifidus creates an environment in your large intestines that kills pathogenic bacteria like staphylococcus and E. coli. Many people who get food poisoning from foods that contain harmful bacteria have low levels of probiotics. This is why food poisoning tends to affect children and older people the most. These populations, due to a high-sugar diet or years of poor eating, often have insufficient friendly bacteria to handle pathogens.

Bifidus also manufactures many of the B-complex vitamins. Since vitamin B12 is absorbed in the large intestines, taking bifidus supplements could increase your B12 levels if you are a vegetarian, or if you have a B12 deficiency anemia.

There are two ways of increasing probiotics. The first is to eat more foods that either contain them (like sauerkraut, yogurt, tofu, miso, and tempeh) or feed them. By the way, although yogurt contains acidophilus, it's usually a very small amount. Don't depend on yogurt to solve your low-probiotic problem. It's just a good addition to your diet for extra support. A substance in fruit sugar (fructose) and grains called fructooligosaccharides feeds friendly bacteria. Eat one or two servings of fruit every day to feed your friendly bacteria.

The second way to increase probiotics is to take them in supplement form. If you decide to take supplements, be aware that many of the products on the market are low

in potency. The company should readily provide you with its potency numbers.

How long should you take probiotics? It all depends on the health of your intestines and on your diet, and how quickly you feel a difference in your ability to digest your foods. But health care practitioners frequently suggest a three-month course of any supplement. After three months, see if you notice a decline in your digestion when you discontinue taking probiotics. They are safe to take for any length of time.

(3) Another Cause of Poor Digestion

Some vitamins (B12), minerals (including calcium and magnesium), and proteins need stomach acid to be absorbed properly. If you can't digest your foods and supplements, you can't get all of the nutrients they contain. Insufficient calcium and magnesium leads to osteoporosis. Not enough vitamin B12 can contribute to anemia. In addition to selective malnutrition, you may not feel satisfied after eating. This can lead to overeating and weight gain.

Protein digestion depends on having enough stomach acid. When your stomach releases hydrochloric acid (HCl), it signals your body to make pepsin, an enzyme needed to digest various amino acids (parts of proteins). Some of the amino acids that are dependent on pepsin — and HCl — prevent depression, anxiety, and insomnia. So your mood can be directly related to insufficient stomach acid!

But there's more. Bacteria that cause disease can't survive in the presence of acid. Bacteria live and colonize in the mouth, esophagus, and intestines, but they can't survive in a healthy stomach. Bacteria that cause food poisoning, like E. coli and salmonella, can't live in a stomach with sufficient acid. This is why we're more susceptible to food poisoning as we age.

As stomach acid declines, low acid-related disorders increase. These run the gamut from dermatitis to ulcerative colitis, gallstones, lupus, rosacea, stomach cancer,

and all of the conditions mentioned earlier. Insufficient stomach acid is a huge problem. Too much stomach acid isn't.

To fix a low stomach acid problem, simply buy hydrochloric acid (HCl) tablets at your local health food store or on the Internet. Make sure you take them with food. And if you're taking anti-inflammatory drugs like steroids, aspirin, ibuprofen, or other NSAIDs, talk with your doctor before taking it. They may not interact safely.

Which brand should you buy? It doesn't really matter. But since stomach acid triggers the production of pepsin, make sure your HCl supplement contains this enzyme. TwinLab sells HCl with pepsin through health food stores. Talk with your doctor about the amount to take. When it's not possible to take HCl, take a gradually increased amount of either vinegar or lemon juice. This won't work as well as HCl, but it will help.

(4) Toxins and Pollutants

Finally, putting good stuff into your body isn't always enough. You also have to take the bad stuff out! If you're loading up on supplements, but haven't taken all the toxins out of your system, the supplements simply aren't going to be as effective.

The Centers for Disease Control and Prevention (CDC) recently (2001) released research showing the population at large is much more exposed to and contaminated with chemicals than previously thought.

Today, at least 30,000 chemicals never before seen on the planet are mass-produced and released into the environment. We are digging up the earth and releasing literally tons of naturally occurring heavy metals that nature had safely tucked away in her innards. These, too, are making their way into the food chain. We are adding a multitude of chemicals deliberately into our foods, calling them preservatives, and creating hordes of artificial substances with propaganda that it is good for us (like margarine).

Action to Take

In order to detoxify your body, follow these easy steps:

(1) Change your diet to eat only the things God intended you to eat. Don't eat meat from animals fed an unnatural diet. Don't eat fruits, vegetables, or grains that are sprayed with pesticides. Avoid margarine and other fake foods, including most vegetable oils and foods that contain preservatives. And drink water that is free of aluminum, fluoride, and chlorine.

(2) Stop smoking.

(3) Work with a complementary doctor to wean yourself off of dangerous prescription drugs.

(4) Have your mercury fillings removed by a biologic dentist.

(5) Try a juice fast for a day every few months.

(6) Have chelation therapy performed on a regular basis, preferably every six months. IV chelation is a simple doctor-administered treatment that will pull heavy metals out of your body. It can save your heart, your brain, and the rest of your organs from damage done by metals. Chelation comes in several forms, but IV chelation is the best absorbed (at 100%, since it goes straight into your blood). Oral chelation is also effective, but it's poorly absorbed. Suppositories split the difference and can give you the most effectiveness for the lowest price. And you don't have to go to the doctor. Whichever method you chose, chelation is vital for good health in these polluted times we live in. There are many oral products on the market. Be sure to check the science they quote to make sure their product works.

Following some of these simple steps could mean the difference between success and failure with supplements. And not only that, it could help improve the power of your supplements by five times or better.

How to Evaluate Your Supplements for the Best Value

Since money isn't stretching as far as it used to, this is a good time for you to re-evaluate your supplements. Don't just stop taking them or reach for the least expensive ones you can find. Vitamins, minerals, and other nutrients are either a wise investment or a waste of money.

Many people ask if it's necessary to take supplements if they eat well. The answer is yes. Research shows the value of both a good diet and additional nutrients to get and keep you healthy. Even if you're eating nutrient-dense foods at every meal, it's just about impossible to get enough of everything you need to stay healthy.

Supplements are only valuable if your body can absorb them, and good-quality supplements — those your body can easily utilize — are more expensive. But like any other health insurance policy, they're well worth it. When you're financially strapped, you need insurance — including supplements — even more than before.

Looking at Cost vs. Value

You need to be able to afford your supplements, and they should be a good value. They need to work. Many companies use cheap materials that look good on labels, but don't break down in your body. No matter what they cost, they're not a good value. Supplements need to do more than look good. They have to contain the nutrients your body needs in a form that your body can use.

Take calcium, for example. Some forms are poorly absorbed, contributing to arthritis and heart disease. Calcium carbonate and calcium hydroxyapatite are less well absorbed than calcium citrate. Every vitamin and mineral comes in forms that are

better absorbed than others. Dry vitamin E is better absorbed than the vitamin E gel caps. Get value from your supplements by taking those your body can use best.

How to Bring Down the Cost

Take a multi. If you're taking individual vitamins and minerals rather than a multivitamin/mineral formula, you're paying too much. You can save money by finding a formula that has all the nutrients your body needs in the necessary amounts. Although this may take some searching, it will save you a bundle over the years.

Get the right balance. The balance of all nutrients is important. For instance, women need the right amount of calcium and magnesium. However, the majority of calcium/magnesium supplements contain twice as much calcium as magnesium.

Women tend to be magnesium deficient, not lacking in calcium. So find a multi that contains equal amounts of calcium and magnesium. Then if you need more of either, you can get it in your diet or by adding it to your basic formula.

Take what you need, not just everything that sounds good. Add extra nutrients to your multi when you need them and take them as long as necessary. If you have arthritis or fibromyalgia, an anti-inflammatory formula makes sense. But if your tendonitis cleared up last year, stop taking it and see if it's still necessary.

Don't buy from MLMs (Multi-Level Marketing companies) even if your best friend or a family member is selling them. They use a marketing approach that "eliminates" the middleman and sells their products through word-of-mouth. MLMs allow people to set up their own company and

work from home while promoting the products they sell.

While the overhead is low, the cost of these supplements is always higher than normal because many levels of participants are being paid from the sale of a single item. MLM vitamins are always more expensive than other similar formulas.

If you're computer-savvy or have lots of time for research, you can possibly find supplements of good quality that cost less, especially if you buy them when they're on sale. If you don't have the time or interest for this, you can trust those sold by Advanced Bionutritionals.