

# dr leila's notes

## Supplements

*DID YOU KNOW WHEN IT COMES TO CHOOSING A VITAMIN THERE ARE CERTAIN FACTORS TO CONSIDER.....*

1. The ingredients it contains
2. The way in which it was produced
3. Affordability



### Tablets or Capsules?

Absorption is the key, your vitamin should break apart 30-60 minutes to be effective. Not all do because some are packed under too much pressure or contain a non-nutrient chemical. Avoid ones containing dicalcium phosphate, magnesium stearate as well as artificial colors and sugars. Look for safer compounds such as cellulose, silicon dioxide and magnesium citrate.

### How much should I take?

Unfortunately because of our toxic environments we have less minerals and vitamins in our food supply. Add to that stress, lack of exercise, sleep deprivation and other life style factors- we need added minerals and vitamins. RDA stands for recommended daily allowance, however typically RDA is the minimum daily requirements.

## Which one should I choose?

Cheap or expensive? You get what you pay for!! Synthetic products are cheaper because they use cheaper less quality ingredients, and/or use the chemical version of the vitamin or mineral which your body can have a hard time recognizing. Processing also can take place in other countries where regulations may not be as stringent. My recommendations for supplement companies: **Apex, Metagenics, Standard Process and Xymogen**

You can order these products from my office and have them shipped directly to you !

Stay healthy,

*dr Leila*