

All About Vitamins

By Phil Phine

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Learning about vitamins can be confusing, especially when you are trying to figure out just what type of supplements you should be taking. We've all been told at one time or another, that if we ate a nutritionally balanced meal three times a day we wouldn't need dietary supplements or need to know about vitamins, but of course, this just isn't realistic in our society. A huge number of us are stressed out on a routine basis, and don't always have time to eat at all let alone a nutritionally balanced meal (and three of them?!). Vitamins should never be substituted for good nutritional intake. Your body needs fuel to accomplish all the tasks you have to attend to in a day. A good diet is one with plenty of calcium, protein, fats, carbohydrates, and fiber supplemented by vitamins as needed for specific health concerns.

Many food items are enriched with vitamins and minerals, like breads, pastas, and cereals. Information about vitamins listed on packaging includes the percentage of the daily recommended allowance of each, which will give you a pretty good idea how much you are getting of a certain vitamin or mineral. Calcium is an important mineral for women, and most sources about vitamins state that women should consume at least 1200-1500 mg of calcium daily. Most calcium supplements only contain 30-50% of the recommended daily amounts and must be supplemented by diet intake of other sources, such as cheese, yogurt, milk, and ice cream. About vitamin D, this is an important vitamin and is essential to bone health, and is included in some calcium supplements as well. Vitamin D can be absorbed through the skin via sunlight as well, but for people living in northern states, or for the elderly, this is not always an option, therefore a vitamin supplement is the answer.

Part of taking care of yourself is learning about vitamins and minerals that our bodies require for optimal health. Many sources are available to you to learn more about vitamins and how certain vitamin deficiencies as well as excess intake can be detrimental to your health. It's important to take an active role in your health, and be knowledgeable about vitamins in your cabinet and which are right for you. In addition to searching on the web, you can find an abundance of information about vitamins in various health publications, or you can even consult a nutritionist or naturopathic physician for advice about vitamins and supplements, and how you can implement them into your diet. Here's to your good health!

Phil keeps fit and writes the occasional piece for some health-related websites

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