



----- How to choose a -----

# HIGH QUALITY FOOD SUPPLEMENT?

Learn the right questions to ask with this helpful checklist.







# How to choose a **HIGH QUALITY FOOD SUPPLEMENT?**



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### Shopping for a high quality supplement can be confusing and downright frustrating.

There are so many brands vying for your dollar and they all say they're the best.

Unstable times underscore the need to spend wisely; investing in your health today might save even more in the long run.



Every purchase you make is important to you. You want to get the most for your money.



So how do you separate the good from the not so good?

**The key is to know the right questions to ask.**

Let's review what questions to ask when you are looking for a high quality supplement:





### ✓ Does it dissolve at the right time, in the right place?



Vitamins, minerals, and other nutrients should be delivered to specific regions of your digestive system for enhanced absorption and utilization. Other brands may not be designed with optimal absorption in mind.

One way to test is to see if your supplement dissolves when placed in water within 30 minutes or less. That is the same standard the pharmaceutical industry uses for tablets. Otherwise it goes in one end and out the other.

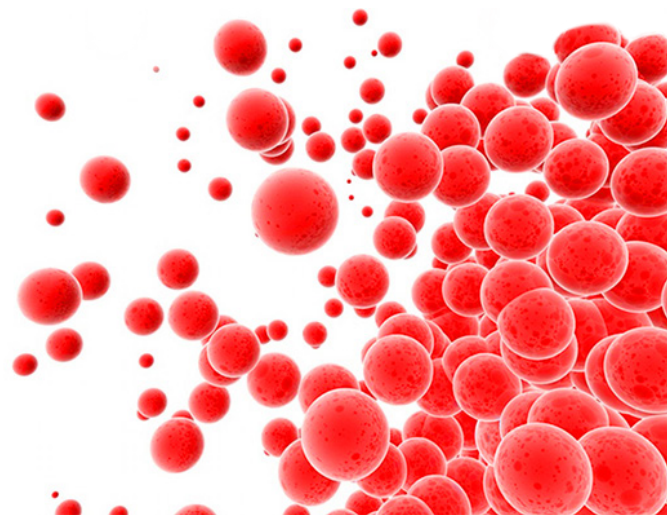
That is just the very beginning.

### ✓ Are they being dissolved in your bloodstream?

It's important that the supplements you are taking are absorbed and assimilated into the bloodstream where they are available to the cells. Always ask the company for peer reviewed research on their products.

#### **The key word here is peer reviewed.**

That means it is unbiased, legitimate research vs. advertising research where you pay someone to publish your research in what looks like a legitimate journal.





## Is there balance in the formulation?

Balance is critical to a well-formulated multi-vitamin supplement. Many nutrients do not work effectively unless in a certain balance.

**For example the b vitamin Biotin is extremely expensive.**

It should offer at least 100 % of the daily value. Most vitamins will show none at all or less than 100% That is a sign to you of a poorly formulated vitamin, so read your labels.



## Are sugars, artificial colorings or sweeteners used?

It is common for vitamins to have artificial coloring and sweeteners in them.

Read the labels to determine their presence.

### Nutrition Facts

Serving Size (139g)  
Servings Per Container 1

Amount Per Serving

**Calories** 160      **Calories from Fat** 20

% Daily Value\*

**Total Fat** 2g      **3%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 125mg      **5%**

**Total Carbohydrate** 31g      **10%**

Dietary Fiber 3g      **12%**

Sugars 0g

**Protein** 5g

Vitamin A 35%      • Vitamin C 0%

Calcium 4%      • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

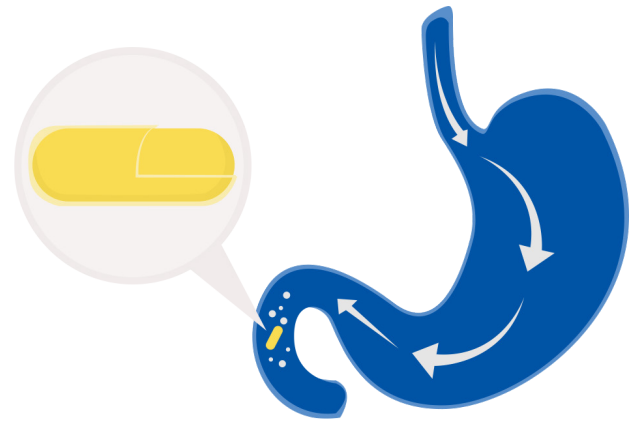
Fat 9 • Carbohydrate 4 • Protein 4



### **Certain vitamins need to be enteric coated.**

Anything we consume by mouth goes through a rigorous and harsh digestive process: However, when you subject the essential compounds contained in multivitamins to this condition, they are rendered useless and ineffective.

Nutrient factors should be coated in a hard, unbreakable shell called enteric coating to keep them nicely contained and undissolved in acid.



The coating keeps the nutrients safe, released only where it's best absorbed: in the small intestines.

### **Have they been extracted and preserved 100% in its live form as found in nature?**

When you consume something that's not found in nature, the body becomes combative and either makes it ineffective or produces adverse reactions to the substance.

Not only should all nutrient factors be natural, but also, the processing should maintain its value.

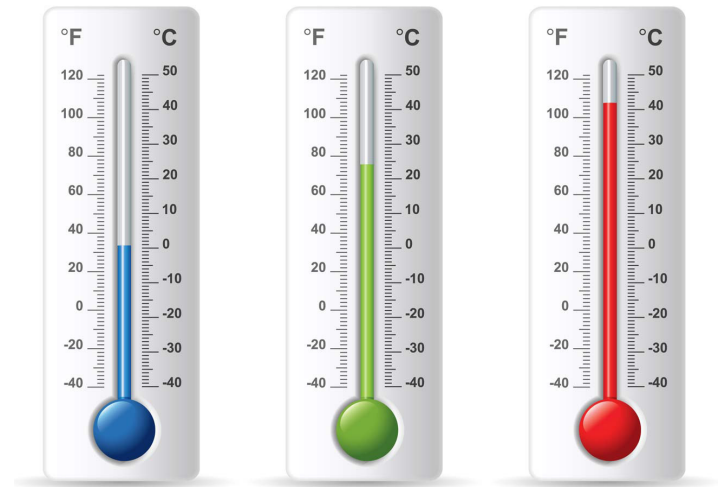




## Is the manufacturer using a “cooling” system to preserve nutrients?

When supplements are manufactured at a low temperature, all the vitamins, minerals, enzymes, phytonutrients are not lost in the process.

Without the enzymes, the body cannot utilize or absorb the nutrients effectively. It is common for companies to use too much heat and pressure in.



## Are the vitamins designed in a broad spectrum?

There isn't a single cookie cutter vitamin out there that could very well respond to all the unique requirements of each vital organ and cell in your body. That's because cells are created to be unequal, smart and unique. Your brain cells have different nutritional demands from your kidneys. So does your skin and your liver.

**This is called nutritional design.**

When the full spectrum of the nutritional design is met, only then can you say that multivitamins have truly done their job of enhancing your quality of life.





### ✓ Is the amount on the label the amount in each tablet?

A common problem in the food supplement industry is **quality control**.

It is not uncommon for the amount in each individual tablet in a bottle of supplements to vary dramatically, making their tablets, which destroys the enzymes.

### ✓ The final product, not just the raw materials, has to be scientifically tested and approved.

Actual testing of the finished product is the most crucial part of clinical testing because it's where you're able to evaluate if the vitamins and its components actually work as a whole.

It is also the most expensive part; companies need to go through protocols for that, and also need the results studied and published by scientific and scholastic journals for them to account as substantial.

**This the science part of testing.**





The sad thing though is that most manufacturers that produce multivitamins do not conduct their true science.

**They test the raw materials individually, but not the actual finished product.**

Further, they accomplish these through their own backyard testing, with their own chemists and pharmacists, and borrow from concepts of previously established studies!



Imagine how prone to bias that is.

But do you know why thousands of them could get away with it?

**It's because supplements are not regulated by the FDA!**



If the Food and Drug Authority (FDA) regulates supplements, it would be easier to tell apart what works from what doesn't (moreover, what's synthetic from natural).



## HOW TO CHOOSE A HIGH QUALITY FOOD SUPPLEMENT



Most people aren't aware of it, but the ingredients of most vitamins and supplements are **produced with little or no supervision.**

You have no guarantee about the purity or quality of the raw ingredients.

**Now you may be wondering...**

Where do you find a product that is guaranteed, uses gold standard research and fits these stringent standards?

I'm happy to report there is a natural line of nutritional supplements that fits this criteria made by a company called



<http://lisaburbach.myshaklee.com>