4 Ways to Determine if Your Supplements are Made From Chemicals or From Food

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WHAT TO LOOK FOR	BAD Supplement Typical Ingredients	GOOD Supplement Typical Ingredients
#1: In the **Supplemental Facts** (top half of the label), it will list the name of the vitamin, followed by a parenthesis "(as….)" and list the vitamin source. If labeled correctly, "as…" is the classification for a chemical, an isolate or fractionated source. "From…" is the classification for foods. So if it says "as…" it means it is non-food. This <u>should</u> be a FOOD or PLANT – something that sounds edible.	Vitamin A (as beta carotene or as Vitamin A palmitate or acetate) Vitamin C (as ascorbic acid, or as calcium ascorbate) Vitamin E (as d-alpha-tocopherol, tocotrienols, or as mixed tocopherols)	Vitamin A (from carrot powder, or from liver powder) Vitamin C (from acerola cherries, or from rose hips or from green peppers) Vitamin E (from wheat germ oil)
#2: Percentage of Daily Value: To the right of the label where it lists the DV's for a product, if the DV percentages listed exceed the DV by 100's or 1000's of a percent of the DV, the only way they can accomplish that is with a chemical. The DV's should be low. In fact, with low DV's your product will contain many other synergistic co-factors that actually make the product MORE bio-available.*	Vitamin A……25,000 IU 500% Vitamin C……1,000 mgs 1,667% Vitamin E ……1,000 IU 3,333%	Vitamin A……4,800 IU 100% Vitamin C……60 mgs 100% Vitamin E ……34 IU 100%
#3: In the **Ingredients** or **Other Ingredients** section on the bottom of the label. If the top half does NOT say "(as….)", it will then list the source of the vitamins in the Ingredient Section. Since only the food sources are to be listed here, if there is no food source, the chemical name will be listed.	Calcium Carbonate, Dibasic Calcium phosphate, Magnesium Oxide, Potassium Chloride, Microcrystalline Cellulose, Starch, Ascorbic Acid, dl-Alpha Tocopherol Acetate, BHT, Crospovidone, Ascorbyl Palmitate, Beta Carotene, Calcium Pantothenate, Calcium Stearate, Chromic Chloride, Citric Acid, Cupric Oxide, Cyanocobalamin, dl-Alpha Tocopherol, Ergo-calciferol (Vit. D), FD&C Blue 2 Aluminum Lake, FD&C Red 40, FD&C Yellow 6, Folic Acid, Magnesium Borate, Magnesium Stearate, Sulfate, Polyethylene Glycol, Polyvinyl Alcohol….	Barley Grass Juice Powder, Alfalfa powder, Wheat Grass Powder, Chlorella , Spirulina, Sprouted Malt Barley, Tomato Powder, Ginger, Garlic powder, Lemon, Asparagus, Broccoli Powder, Cauliflower Powder, Spinach Powder, Parsley Powder, Kale Juice, Beet Greens, Brussel Sprouts, Carrot Powder, Blueberry, Orange, Cranberry, Raspberry, Grapefruit, Lime, Grapeseed Extract, Plum, Raspberry, Pine Bark Extract, Apple Fiber Pectin, Brown Rice Bran, Flaxseed powder, Psyllium Husk Seed Powder, Okra Powder
#4: Trademarked. Be wary of anything that is trademarked. For most companies, this means it has nutrients removed from it, possibly something added, or extreme-heated, processed or re-fabricated to a heavy degree in order to trade mark the product. Since you cannot trademark nature, a product has to be <u>substantially</u> changed from nature. There are some exceptions: Standard Process trademarks their LOW heat, vacuum process for Protomorphogen™ extracts which <u>retains</u> nutrients), but this is the exception rather than the rule.	Trademark™ or Registered Trademark®. This could be the name of the trademarked ingredient, such as "Vitamin B as Active-X™", or "Ester C®". Also it is important to know how they <u>process</u> the ingredient.	Nature cannot be trademarked. In other words you cannot trademark whole, unadultered alfalfa, kelp, broccoli, carrots, cranberries, liver, etc. Foods are foods.

Other things to watch out for: The following are "fractionated" vitamins, meaning you will only get a fraction of the complex. These are also referred to as "isolates". In nature, no nutrient is ever found in an isolated form. It is ALWAYS accompanied by other micro-nutrients for a synergistic effect. The following are "isolates" or "fractionated" vitamins:

Co-Q10	Alpha Lipoic Acid	Beta Carotene	Hesperidian
Quercetin	Reservetrol	Rutin	
Lycopene	Bioflavonoid Complexes	Lutein	

Another isolate to be aware of is Amino Acids. Amino Acids are also always found in combinations, and never as an isolated entity. To take even low doses of isolated Amino Acids sets the stage for imbalances in the important amino acid compositions, frequently depressing the very amino acid needed for its synergistic effect! the following are amino acids in isolated form: Alanine , Asparagine, Aspartic acid, Arginine, Cysteine, Glutamine, Glycine, Glutamic acid, Histidine, Isoleucine, Lysine, Leucine, Phenylalanine, Methionine, Serine, Proline, Tryptophan, Threonine, Tyrosine, Valine.

There are problems with minerals too. Minerals followed by the word "oxide" are rock forms and very difficult to digest. Plants are supposed to uptake the rocks (oxides), and put them in a form our bodies are designed to absorb. When we eat the plant, we get the minerals in a form in which we can *utilize* it. If it we were able to absorb it in a rock form, we could just eat a handful of dirt every day (or eat your sidewalk - which is made up of calcium carbonate - it sure would be a lot cheaper!).

Carbonates are ground shells of marine organisms, snails, and eggshells. It also occurs as chalk, limestone and marble. Calcium carbonate is the active ingredient in agricultural lime, and is usually the principal cause of hard water. High consumption is actually hazardous to your health.

Magnesium hydroxide (magnesium oxide plus water) interferes with the absorption of folic acid and iron.

The soft, *lactate* form, made from lactic acid yeast (not dairy, and is also safe for yeast-sensitive individuals) is the best form. Minerals overall are trickier to determine on a label than a vitamin is. Phosphates and chlorides are also poor bio-available forms. We want it bio-available – after all, if we can't get it into our tissues, what's the point of taking a supplement?

Caution: Some companies put some food into their supplements in order to advertise it as "whole food", then spike it with synthetic chemicals to raise the Daily Values. Make sure ALL FOUR of the above methods of determining quality supplements are utilized to determine this for sure.

*The DV's (Daily Values) should be low. In fact, with low DV's your product will contain many other synergistic co-factors that actually make the product MORE bio-available. This means it takes less of the nutrient to accomplish what the body needs the nutrient for. This is called synergy. Synergy means that the sum of all the parts is better than each part by itself. So if all the more than 200 nutrients found in the average carrot is all together, the vitamin A, for instance, is much more bio-available to the body than it's synthetic counterpart – beta carotene. This by itself is not always telltale on a label. Be sure to check all 4 Ways above as well. High DV's mean the manufacturer is trying to force a high concentration of a chemical counterfeit vitamin into as few pills as possible, for a pharmaceutical-type action on the body, and for a long shelf life. Be especially wary when you get 1000's of percent DV's in just a couple of pills. A whole food vitamin will take multiple pills, all of which are full of many, many micronutrients, but low DV's, for a daily dose.

The bottom line, the purpose for taking supplements is to *supplement* what is missing from the foods you are eating. We don't eat chemicals and therefore should not replace missing food-stuffs with chemical counterfeits!