

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

HIGH QUALITY FOOD SUPPLEMENT?

Learn the right questions to ask with this helpful checklist.





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.

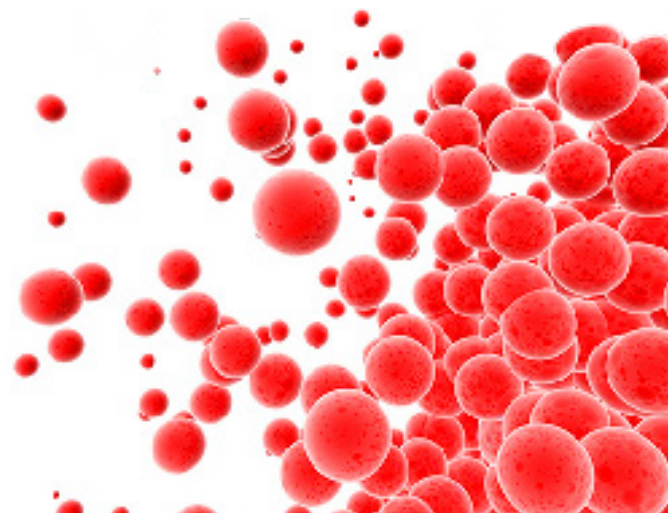
That is just the very beginning.

✓ Are they being absorbed 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.

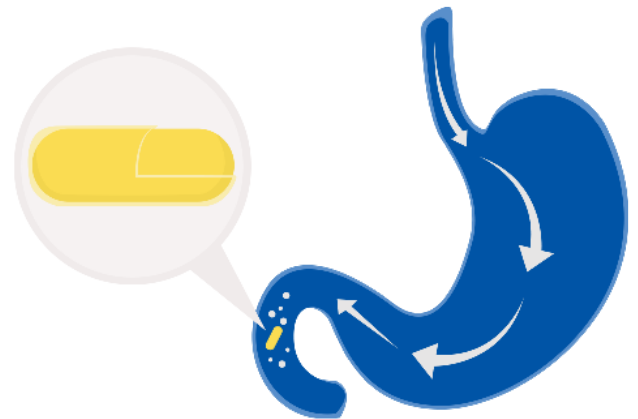
Nutrition Facts	
Serving Size (139g)	
Servings Per Container 1	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 5g	
Vitamin A 35%	• 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.

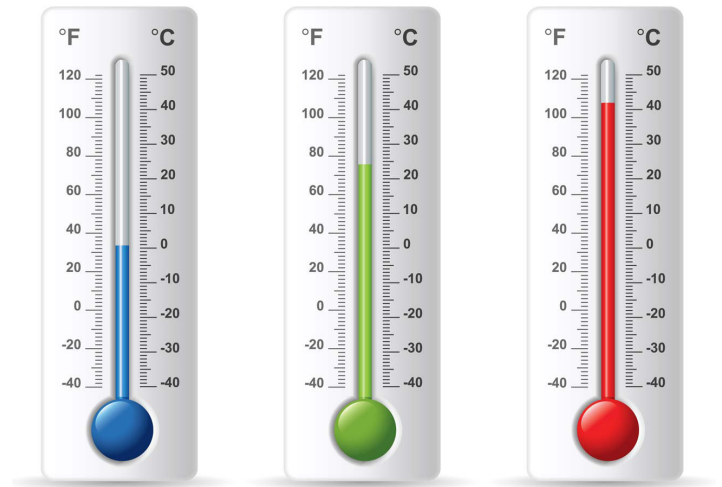




✓ Is the manufacturer using a “cooling” system to preserve nutrients?

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.

✓ 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.





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.

I want to reveal some information some vitamin manufacturers and the drug companies don't want you to know.

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. It's a sad fact, but manufacturers are not required to provide any scientific evidence of efficacy or safety.



In the supplement industry, you can put a product on the market & you don't have to make any investment to know whether it has high quality or high purity, you don't even have to do any research to understand if it is safe.

However, as a consumer, you need to distinguish the companies that do choose to test for purity, potency and efficacy. One of the reasons many companies don't do this type of testing, is because it's very expensive and that usually results higher quality and higher priced products.

Recap:

How can I determine the quality of a dietary supplement?

Dietary Supplement Quality Product and Manufacturer Considerations

- Consistency
- Quality of raw materials
- Quality of ingredients
- Formulation
- Quality of analysis
- Investment in research (safety)





How do manufacturers analyze dietary supplements?

They use a variety of analytical tools.

Equipment for Quality Analysis

- IR - infrared spectroscopy
- GC - gas chromatography
- MS - mass spectrometry
- HPLC - high pressure liquid chromatography

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 Shaklee.

Shaklee has been committed to creating quality products for over 60 years.

To analyze quality, a company has to make a substantial investment. The equipment such as mass spectrometry, for example, costs about \$200 000 to \$300,000 dollars. And to do it right, you need more than one tool.

But the tools are only as good as their users. So Shaklee has hired a lot of really good scientists.





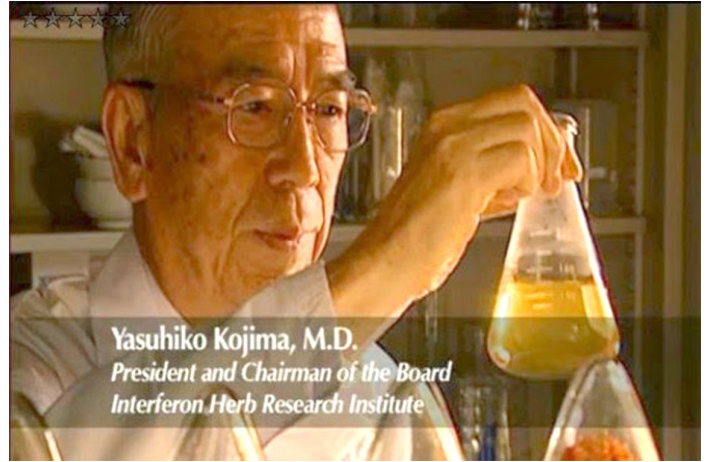
Of course scientists cost a lot of money.

The ideal situation is you want to have expensive, top-of-the-line analytical tools, staffed by scientists and technicians that can analyze your supplements - analyze the raw materials & the ingredients.

And Shaklee has this.

Their claims are not marketing hype.

Any results they state are based on the best science available today.



Where do I start?

If you're interested in starting a supplement program, I always recommend you begin with a multi-vitamin.

A great multi gives you a solid foundation to start from. The multi I recommend is Shaklee's Vita-Lea.

Vita-Lea is a high-potency formulation that includes a cutting edge Bioactivated Absorption System.





What makes Vita-lea different?

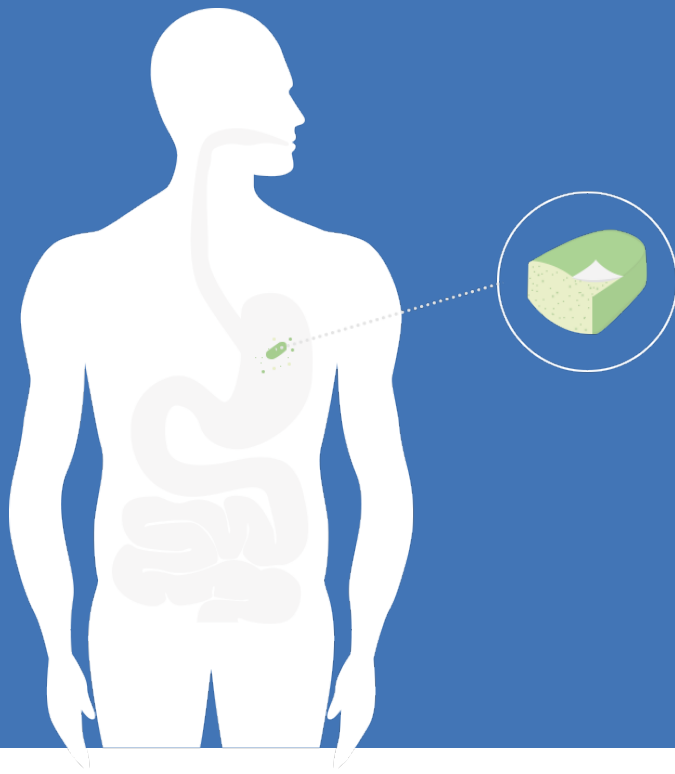
- Patented micro-coating Delivery System improves absorption of folic acid
- 10x more biotin than the competition
- Offers twice the daily of vitamins C,D and E
- Also includes beta-carotene for extra antioxidant protection
- Is great as a prenatal /postnatal vitamin

“ The best multi vitamin I have ever taken. ”

This in combination with Shaklee’s B12 Complex is a dynamic combo. I have decided that this time I will not stop taking shaklee and going to a store brand vitamin. The difference this product makes for me is undeniable.

- Amanda A.

Most supplements don’t dissolve on time. Shaklee scientists discovered, that if they put a folic acid micro-coating on the tablet, it would allow for an immediate release in the stomach.



Vita-Lea

Folic Acid microcoating for immediate release in stomach

This also enhances the absorption of folic acid which is a crucial B vitamin that helps produce and maintain new cells.



Vita-Lea is:

- Based on 7 clinical studies
- Formulated without artificial flavors, colors, sweeteners or preservatives
- Has no synthetic processing aids

Vita-lea is also available in customized formulas based on the needs of men, women, and adults over 50 (with and without Vitamin K).

"I really, really like Vita Lea. They don't taste bad, they don't make me sick. "

I appreciate only taking two a day vs three that a lot of brands require. Most importantly, these DO NOT TASTE BAD. Not even a little bad. Equally important, they do not make me sick and they do not cause bowel troubles in any way.

I even feel totally comfortable taking them as a prenatal vitamin (I am now pregnant). It got the 100% okay from my midwife and she has said she can actually see a difference in women taking these vitamins while pregnant - fewer issues and illnesses and the best looking placentas she ever sees. She does not sell this product so she's not saying it to make a buck, either.

- Daria



How does Vita-Lea compare to the competition?

Another key point when looking at a multi-vitamin supplement is how much biotin is in it. This is an expensive nutrient, but very important.

Vita-Lea has 10x what the competition has!

	Vita-Lea	Centrum	One a Day	Spring Valley
Biotin	300 mcg	30 mcg	30 mcg	30 mcg

Vita-Lea provides:

- 2 times the calcium to support bone building and maintenance of bone density
- 2 times the vitamin D to support calcium absorption and healthy bones and teeth
- 2 times the beta carotene, the natural, plant-based form of vitamin A
- 2 times the vitamin E to promote immune, heart, and cellular health
- 2 times the magnesium to help maintain heart rhythm, as well as muscle and nerve function
- 3 times the vitamin K to support bone metabolism and blood coagulation
- 6 times the boron to aid in the metabolism of vitamin D and support bone development
- 10 times the biotin, a catalyst for energy production





Quality Control

Over 340 quality control tests are conducted every time Vita-Lea is made to guarantee purity and potency. In a cross section you can clearly see the difference in the quality of the formulations.



"Has a kind of iron that some people find easier to digest"

I've taken this multi-vitamin for years and it has been very helpful to me. It has a kind of iron that some people find easier to digest, which is the reason that my mother first recommended it to me.

- M. Stephens

"The best I have found in all my 34 years as a physician"

"Shaklee Vita Lea is a super powerful multi-vitamin / multi-mineral, and it is the best I have found in all my 34 years as a physician."

- Dr. Linda Rodriguez



If you don't love Vita-Lea as much as I do, you can get your money back!

100% Money Back Guarantee

If for any reason you don't find Vita-Lea or any of Shaklee's Products satisfactory, you can return it for exchange or full refund.

Feel better with more energy!

- ✓ Boosts heart health
- ✓ Boosts your immunity
- ✓ Increases bone and joint health
- ✓ Boosts your physical energy
- ✓ Improves the health of your skin, hair and nails





For Women With Iron

Great for prenatal or postnatal



Order

For Men Without Iron



Order

Adults over 50 Without vitamin K



Order

Adults over 50 With vitamin K



Order

I want to thank you for taking the time to read my vitamin checklist and I hope it helps you make a more informed choice when you decide to shop for your next vitamin supplement.

If you'd like to learn more about the food supplement program I'm using to build my health, I'd love to hear from you.

Feel free to call me, or friend me on [Facebook](#).

Amy Hagerup

www.amy.yfphub.com

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Are you looking for the best food supplement money can buy?

You can find my favorite wellness products here:

[Amy's Online Health Shop](#)

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