

How to Read a Vitamin Label

It could be argued that never in history has so much been spent on the advertising and purchasing of any merchandise, with so little knowledge of the product, as there has been on the vitamin and supplement industry.

Billions are spent annually, by the consumer, wholesalers, etc. without anyone REALLY knowing the difference between a synthetic and a truly natural vitamin or the difference between an organic versus inorganic material.

Most have no clue how these products are made or even the sources of the material or how to tell one from another by the label.

What to do:

On vitamin labels the word “natural” has no specific definition other than that the substance exists somewhere on the planet or in outer space. How is that for marketing...

The key words to look for are “Whole Food Vitamins”— this means vitamins as they are found in food, untampered with in any way that would change their molecular structure, their biological or biochemical combination, or their actions.

Vitamins in their natural state always exist as living complexes with specific synergistic cofactors, enzymes, phytonutrients and organic mineral-activators, and never as isolated single factors. A vitamin needs all of its synergists to function. Think of a watch, or a computer. If you take out ANY part of it, what happens? It stops working. It's this way with our nutrition.

Further, there are literally hundreds of such synergists, most of which have not yet been studied but are nevertheless VERY IMPORTANT. We need to stop trying to outsmart nature.

Reading a label.

To identify synthetics on the label, look to see if a source is given. If it isn't, assume the product is synthetic, These terms also identify a vitamin as synthetic:

- acetate
- bitartrate
- carbonate
- chloride

- gluconate
- hydrochloride
- nitrate
- oxide
- succinate

Whole-food natural supplements never come in high dosages. It is only possible to create high-dosage “vitamins” if you isolate one fraction of the vitamin complex as in crystalline, or synthesize one fraction as in synthetics. You can’t make something synthetic into something natural.

Any questions let me know.