

## Vitamins And Minerals For Optimal Health

Health is a major concern in the United States, from vitamins and minerals, to the proper nutrition and intake, it is hard to get the proper amount of nutrition you need everyday from just the regular foods you intake.

Vitamins and minerals are naturally occurring substances necessary for many processes in the body. Vitamins and minerals are substances your body needs in small but steady amounts for normal growth, function and health. They are necessary for virtually all reactions to occur in the body.

Vitamins and minerals are in many foods you eat, but you can also take a supplement to make sure you get all the nutrients you need. Vitamins and minerals are not present in typical diet we eat at the level they were a couple of generations ago.

Vitamins and minerals are used by our bodies and if we do not get enough of the right ones it can affect us mentally and physically. Vitamins and minerals are two completely different things: minerals help the vitamins work. Vitamins and minerals are considered necessary because they may partake in the chemical reactions within the body that allow humans to actually burn the fuels or build new tissues.

### Supplements

Dietary supplements aren't meant to be food substitutes, as they can't replicate all of the nutrients and benefits of whole foods, such as fruits and vegetables. But dietary supplements can still play a role in your health by complementing your regular diet if you have trouble getting enough nutrients. If you depend on dietary supplements rather than eating a variety of whole foods, you miss the benefits of these substances. Although for some people, including those on restrictive diets, dietary supplements can provide vitamins and minerals that their diets often don't.

Dietary supplements can lose potency over time, especially in hot and humid climates. Store dietary supplements in a dry, cool place. Also, store supplements out of sight and away from children.

### Health

Your body needs larger amounts of some minerals, such as calcium, to grow and stay healthy. Vitamin C is used to keep many different types of tissue healthy. Calcium along with vitamin D helps to keep your bones healthy. Vitamin E : its usefulness in health and in curing diseases. Even for those who eat a healthy diet, there appears to be difficulty in obtain enough folic acid.

Scientists and researchers know the roles the following vitamins and minerals play in our bodies, and this group may have heart-healthy effects: Three of the B-vitamins: vitamin B6, vitamin B12 and folic acid. Calcium Magnesium Another group of supplements, the antioxidants are still being tested at this time for their benefits in heart disease and cancer prevention.

### Nutrients

Your body can't make most micronutrients, so you must get them from the foods you eat or, in some cases, from dietary supplements. A lack of any of the essential micronutrients from the diet may lead to deficiencies, compromising the ability to function and impairing health. These nutrients are needed for a variety of biological processes, among them growth, digestion and nerve function. These nutrients are the main components in your teeth and bones, and they serve as building blocks for other cells and enzymes. Many people don't receive all of the nutrients they need from their diet because they either can't or don't eat enough, or they can't or don't eat a variety of healthy foods.

Supplements can be an inexpensive way to make sure you get all the vitamins and minerals you need, even if you get most of them from the foods you eat. It may be important for you to take certain amounts of some vitamins and minerals in the form of supplements. Vitamins and minerals are vital for human function, each one playing a different role. Vitamins and minerals are essential to our survival. They are generally considered to be the most important aspect of maintaining optimal health.

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