

FPP BizNewz

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MANAGEMENT • INVESTMENT • ECONOMICS • ENTREPRENEURSHIP • TECHNOLOGY

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dietary su VS real food

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pplement



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Dietary supplements may contain nutrients needed in your diet to reduce the risk of health problems. However, supplements are not meant to replace real food. The benefits of whole foods like vegetables and fruits cannot be imitated by supplements since whole foods deal with more nutritional benefits compared to dietary supplements. As stated in Medical News Today (2019), researchers have found that nutrients from real food may be associated to the decline of various health issues while a reverse effect may occur from excess intake of certain supplements.

Typically, supplements are offered or manufactured by sellers or suppliers in numerous forms and shapes, including tablets, capsules, powders, and liquids.

Entire meals or real foods are vital in cultivating the body, which cannot be replenished by dietary supplements. The trace elements and components of natural foods are not included in the supplements and irreplaceable. The supplement industry has been taking advantage of the 'on-the-go' current lifestyle. As a wise consumer, it is improbable to consume additional vitamins if you have already taken a wholesome nutritious diet. Consuming healthy diet by having fruits, vegetables, nuts, grains, and healthy fats are better options. It is advisable to talk to your healthcare provider before making decisions whether to take supplements or not. Only take what is needed, for example, magnesium, if your doctor says that you are deficient of magnesium.

Supplements are meant to complement your normal diet only when necessary. But to most of us, the greatest influence supplements have is on our bank accounts. Taking a huge amount of vitamins can be toxic since your body only desires vitamins in a very small amount. Merely taking supplements is not an immediate remedy for suffering rundown or energy deficiency. It is the blend of complete composites in foods that gives us the protection. Eat as varied and balanced diet as possible that provides nutritional needs, and avoid processed and sugary foods. Use supplements only to replenish any deficient nutrients and ensure that they are under a health provider's recommendations.

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