Multivitamins and Minerals: Health Benefits of Vitamins and Minerals and a Vitamin B Supplement by Health Ace

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Vitamins and minerals help our bodies work properly. We get many vitamins and minerals in the foods we eat every day. However, we sometimes need to take multivitamins and minerals in supplements to compensate for foods lacking in our diet. Other times we may target specific needs, for example taking a vitamin B supplement to increase the rate of metabolism.

Vitamins and minerals can be broken down into categories. Vitamins are either fat soluble or water soluble, which refers to how they are absorbed into your body. Fat-soluble vitamins like A, D, E, and K can be stored in your body as they dissolve in fat. Water soluble vitamins canâ€™t be stored for long so need to be replaced every day. This is why a vitamin B supplement or other supplemental multivitamins and minerals can be beneficial.

There is a distinct difference between vitamins and minerals. Vitamins are organic, meaning made by plants or animals. Minerals are inorganic, meaning they come from soil and water. To stay healthy, we need both vitamins and minerals such as calcium. Trace minerals like chromium, copper, iodine, iron, selenium, and zinc are also needed, though only in small amounts.

Vitamins and minerals support our normal growth and development and boost our immune system. As our body changes through growth, puberty, pregnancy, or aging, multivitamins and minerals are especially important. If you are on a diet and limiting your food intake, multivitamins and minerals or a vitamin B supplement can help fill the gaps.

The best way to get vitamins and minerals is through nutritious and varied foods, preferably whole or unprocessed food like leafy greens, lean meat and fresh fruits. Multivitamins and minerals in supplement form can help fill deficiencies in our diet.

Vegetarians and vegans often take multivitamins and minerals in supplement form to compensate for vitamins and minerals found primarily in meat. A vitamin B supplement is especially useful for vegetarians or vegans. For example, vitamin B12 is important for manufacturing red blood cells but is not found in plant food.

A vitamin B supplement can be found for each vitamin within this B vitamin group of eight. A vitamin B supplement is referred to by the specific vitamin in the subgroup, (e.g., B1, B2, etc.) A vitamin B supplement can also be found that combines all eight vitamins and is referred to as a vitamin B complex.

While eating a diet rich in vitamins and minerals will keep you healthy, a vitamin B supplement, multivitamins and minerals in supplement form can assist in keeping you balanced and well.

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