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â€œGood health is one of the most valuable assetsâ€• is a well acknowledged thought and almost all of us are in agreement with this statement. Good health means good physical health & good mental health. We can compare this with 2 tyres of a bicycle. Both the tyres of the bicycle should run smoothly. If front tyre is physical well being that lets us move in life then the back tyre is mental being that enables the smooth functioning of the physical being by continuously propelling it. Healthy body and healthy mind is not a dream if we take care of our health properly. If health is lost then even the best of the best luxuries of life appear pale and tasteless. Hence, maintaining good health is very important.

Fast moving life has hardly left human beings with any time to think and look after their health. It is only when we fall sick or get troubled; we realise the importance of taking care of health. One must eat balanced and right, should do physical exercise and some yoga to keep a healthy mind & body. Most of us do not bother to check whether the food that we are taking carries right amount of nutrients. We tend to cover a large amount of body requirement of fats, proteins and carbohydrates but vitamins are always neglected. Importance of vitamins in our body cannot be undermined. Vitamins are very essential for the human body. There are different types of vitamins namely vitamin A, B (B1, B2, B3, B6, B12), C, D, E, K. Each and every vitamin is required by the body for its smooth functioning. For example â€“ Vitamin A supports the vision and bone growth, vitamin D helps in the absorption of calcium that helps the bones to grow, vitamin E provides immunity. Deficiency of any of these leads to various diseases. It is important to eat green vegetables, fresh fruits etc to keep a stock of various vitamins. Usage of multi vitamins is suggested in case of regular short falls of various vitamins in the body stock.

Variety of multi vitamins and supplements are available in markets. One must ensure the proper body requirement before starting to take vitamins and supplements. Different bodies have different needs and they operate differently. Hence, need also varies. Supplements are generally dietary ingredient that may be vitamins, minerals, amino acids, herbs etc. It is also necessary that the right dosage should be taken as principle of excess of everything is bad works here also. Supplements come in the form of powders, tablets, capsules etc.

Multi vitamin & Supplements industry has become a big industry now. Countries like Australia, China, India, US have good markets in this industry. Various brands are available in the market. But one must need to know the need of his/her body requirement and then choose the multi vitamin & supplement accordingly.

It becomes all the more important to take care of health in the kind of competitive and fast moving world that we live in. Healthy mind and Healthy body is the key to success and to be happy.

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The a Supplements Australia is very much safer to take for the athletes and the body builders. It helps to produce amino acid which is very essential for building body. The protein is important in body building but protein also breaks to give amino acids. The a Health Books are another important element which should be taken as the supplements by boxer, MMA Fighter, Swimmer or Sprinter

etc, to make their body fit and fine.

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