# Article Side

Important Nutritional Supplements: Omega 3 Supplements and Probiotic Supplements by Health Ace

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Most people have taken some form of nutritional supplements during their lives. The most common types are vitamins and minerals. But nutritional supplements can be any preparations intended to boost health by replacing what is missing in a personâ€™s diet.  They can include herbs, meals, fatty acids, amino acids - even bacteria â€“ and today we know more than ever about what our bodies need to function at their best and when it may be necessary to take nutritional supplements.

Omega 3 fatty acids, for instance, are vital for normal metabolism but cannot be synthesised by the human body. They are mainly found in oily fish such as salmon, sardines and tuna. The other way to obtain these essential fatty acids is by taking Omega 3 supplements. Omega 3 has been determined to be important for a number of bodily functions, including the relaxation and contraction of muscles, blood clotting, digestion, fertility, cell division, growth, and movement of calcium and other substances in and out of cells. Omega 3 supplements are widely used and studies as to their efficacy in preventing various diseases are ongoing.

It has already been proven that Omega 3 supplements in the form of fish oil are effective for lowering triglyceride levels. Triglyceride level is one of the main risk factors in heart disease. It is believed Omega 3 supplements may also lower high blood pressure, in addition to helping with a wide range of other ailments. Menstrual cramps, attention deficit hyperactivity disorder, kidney disease, age-related macular degeneration and some aspects of rheumatoid arthritis are just a few. Taken at low to moderate doses, Omega 3 supplements are deemed safe for most adults.

Probiotics are yet another necessary component of a healthy body. These beneficial bacteria help maintain the natural balance of organisms (microflora) in the intestines.  Lactic acid bacteria, Lactobacillus acidophilus, found in yogurt with live cultures, is the best known probiotic. Yeast is also a probiotic substance.

Probiotics are also available as nutritional supplements.  Probiotic supplements can be more convenient for people on the go as, unlike food stuffs, probiotic supplements can be carried in a purse or pocket.  Probiotic supplements do not need refrigeration and good quality probiotic supplements may also contain a larger number of live micro-organisms than can be found in a container of yogurt.

One of the things that can disturb that balance of intestinal microflora is taking antibiotics, which destroy both good and bad bacteria alike.  When the intestines have been robbed of natural probiotics, they must be replaced either by foods containing probiotics or by probiotic supplements. If they are not replaced, gas, cramping and diarrhoea may result.

No one should use nutritional supplements as a replacement for a doctorâ€™s care when it comes to serious health problems but nutritional supplements can be an important part of an overall healthy lifestyle that includes exercise, regular medical check-ups and a healthy diet.

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Health Ace - About Author:
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