



Article published on June 25th 2012 | [Supplements](#)

Nowadays most of the people among us talks about health and related issues, but not a single person have the time to follow the balanced diet as well as regular exercise for the body. Health fitness depends on various factors like taking a balanced diet, proper sleep, exercises and much more. But, this would not be wrong if we say today peoples are busy in life and they ignore all these factors. Very few will be found following diet charts and regular exercise programs to remain healthy. We should be very much conscious for our health and thus we need to enquire about three main features of the dietary products that include non-toxicity, nutritional value and purity. Intake of these harmful elements can result in strong negative effect on body.

In the market, you'll get a number of dietary supplements producing companies that have been working since years to fulfill dietary supplement needs of clients. Moreover, it is required to buy the product which is dully tested and has been manufactured by the registered companies.

It has been observed that there is continuous increase in the rate of consumption of dietary or nutritional supplements all over the world. Today, most of us are taking different kinds of supplements for a number of reasons. For example, body builders take supplements for muscle toning and strengthening. On the other hand, athletes take these elements to enhance their stamina level.

Ascorbic Acid

Vitamin C, which is also known as ascorbic acid, is one the most competent nutrients for the human body. This vitamin is also secure to use and is essential for the growth, development and repair of body tissues. Further, higher blood levels of Vitamin C can be an index of general health. This vitamin is likewise used to keep cardiovascular disease, eye disease, cancer, stroke, and skin wrinkling. If someone has an insufficient amount over quite a long time he will most likely suffer from the deficiency disease called scurvy.

Sources of Ascorbic Acid

The finest means for human body to obtain Vitamin C is to eat a healthy and well-balanced diet. This type of diet is composed of foods such as citrus fruits, mustard greens, strawberries, broccoli, milk, tomatoes, fish, green vegetables, green peppers and cauliflower. You should be aware about your dieting if it carries the involved amount of Vitamin C because this vitamin cannot be stored by the body. Everyday supply should be accomplished.

Article Source:

<http://www.articleside.com/supplements-articles/roles-of-dietary-supplements-in-body-care.htm> - [Article Side](#)

[LonwaboTsotsobe](#) - About Author:

Apteka Store offers a [dietary supplements](#) such as castor oil, a [activated charcoal](#), ascorbic acid, fish oil, valerian, eveline and ahava at very reasonable prices.

Article Keywords:

fish oil, valerian, dietary supplements, eveline, ahava, body care, essential oils

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!