

# Wellness REVIEW

## Multivitamins Matter!

### Do You Need To Take A Multivitamin?

Do you require important nutrients that your diet is not delivering? Chances are you do – you just may not realise it yet! Even if you are making a concerted effort to consume a healthy diet, soils are commonly low in trace minerals (particularly zinc, selenium and iodine) and food is often less nutritious than it once was. In modern times, it is easy for people to eat highly processed, refined foods, devoid of nutritional value. Compounding this is the use of pesticides, pollution and selective breeding for commercial purposes, which may further compromise your nutritional status. Fast-paced lifestyles also take their toll; increased stress and excessive alcohol intake not only depletes important nutrients but increases requirements.

Taking a multivitamin and mineral formula that provides therapeutic dosages of easily absorbed essential nutrients can optimise and support your health overall, empowering you to embrace life wholeheartedly.

### Enhance Your Diet with a Daily Multivitamin

Has your Practitioner prescribed an individualised therapeutic diet for you? These interventions are a vital component of treatment and can provide excellent results for health. However, in some cases, dietary restrictions may inadvertently lead to nutritional deficiencies. For example, gluten free diets may be lacking in vitamin B12, folate, iron, zinc, magnesium and calcium. Dairy free diets are also commonly prescribed, and are associated with lowered calcium levels. Alternatively, you may have chosen to adopt a particular way of eating that may indirectly affect your nutritional status. Many vegetarian/vegan diets are also associated with nutritional deficiencies, including vitamin B12, iron, iodine and selenium.

Taking a high strength, scientifically formulated multivitamin and mineral formula can help ensure you get the most out of your therapeutic diet, while meeting your nutritional needs.

### A Multi with a Multitude of Benefits

Ask your Practitioner about a potent multivitamin and mineral formula specifically designed to address the nutritional shortfalls of therapeutic diets, and which incorporates these key nutrients:

- **Activated B-group vitamins:** B vitamins aid energy production and support healthy mood, helping you feel happier and more energised.
- **Minerals:** **Magnesium** and **iron** also support energy production, while **zinc** helps to strengthen your immune defences. **Selenium** and **iodine** are significant for maintaining thyroid function, while **calcium** is essential for healthy bones and teeth.

### Superior Absorption = Superior Clinical Results

Practitioner-grade multivitamin and mineral formulas stand out from the rest by delivering high strength, highly absorbable forms of minerals and vitamins to quickly improve and maintain your nutritional status; particularly where an individualised diet is being followed. For example, thanks to their unique shape, Meta Mag<sup>®</sup> (magnesium), Meta Zn<sup>®</sup> (zinc) and Meta Fe<sup>®</sup> (iron) are highly absorbable forms of minerals. Also look out for activated B-group vitamins – being activated means they can perform their therapeutic actions rapidly and effectively, requiring less effort from your body to utilise them. Ultimately, the benefit of superior absorption is a happier, healthier you!

### Antioxidants Explained

Your body is exposed to free radicals (unstable molecules that damage cells and contribute to ageing and disease) on a daily basis. While some free radicals are naturally produced in your body, other factors such as alcohol consumption, smoking, stress, nutritional deficiencies and pollution also create free radicals and compromise cellular health. Antioxidants (e.g. vitamins C and E, zinc, betacarotene) help to counteract the damaging effects of free radicals. Ensure your multivitamin and mineral formula is rich in antioxidants to support healthy ageing.

### Tailor Your Nutrition Today!

Whether you are following an individualised therapeutic diet or just trying to eat healthily, talk to your Practitioner today about taking a high strength multivitamin and mineral formula with superior absorption. Support your whole body with the nutrients it needs and live a healthier, more energised life.



Talk to your Practitioner today about the right multivitamin for you!