

## How To Choose The Best Vitamin Supplements

Based on my over 25 years of experience, I feel I can offer to you some simple yet effective tips when choosing quality vitamin supplements for not all vitamin supplements are created equal. Until there is a medical review of emerging nutritional supplements, hopefully this short article will be that guide for you. Clearly, it's vitally important to your health that you choose vitamin supplements that are actually USED by the body and not quickly eliminated. Did you know that 90% of vitamin supplements are actually urinated out? Don't believe me? Take an off-the-shelf vitamin brand, follow their recommended daily allowance and within an hour, sometimes less, you will urinate it out - your urine will be a significantly darker yellow color. I know talking about body elimination is not something one talks at parties, but it is important to understand what is happening here. Why does that happen? It's because the vast majority of supplements are not assimilated by the body, yet the supplement industry of which vitamin or nutritional supplements are a part, are a literal multi-billion dollar a year enterprise. Without any further adieu, here are the key things to look for when choosing quality vitamin supplements.

### About the Author

Vitamin information on the role of vitamins and minerals in building muscle. Vitamin.

Source: <http://productsherbal.com>