

Vitamins And Minerals For Unique Bodies

It is obvious that each of our bodies is unique - there are not two human beings that are exactly the same. That is why I encourage every one to eat the best that they can and get plenty of vegetables as the first source of vitamins and minerals. That way your diet gives you the variety you need, so that your body can pick and choose the vitamins and minerals it needs to build a strong, healthy body. As many people already know, fruits and vegetables, especially leafy green vegetables, are the best source for the vitamins and minerals that we need to live a healthy life. They provide good amounts of vitamins A, C, D and E (and several others) that rank highest on the importance scale. As well, providing major such as Calcium, Magnesium, Sodium, Phosphorus and Potassium. I see a good number of people who do not get good nutrition everyday and for them I suggest a quality whole food supplement. One that I carry on my site is a super food, made of cereal grasses, such as alfalfa, barley, spirulina and wheat grass. It also contains probiotics, for digestive tract and immune system health. Flax seed meal, dulse, herbs, pectin, fiber and additional super foods too numerous to mention. It makes it so much easier to get the adequate vitamins and minerals needed to stay healthy. Instead of reaching for candy bars, coffee or other unhealthy snacks for a lift, why not reach for a serving of a super food powder or tablets of super food? You will then be getting your vitamins and minerals and increasing your health and energy at the same time. Jeannie Crabtree

About the Author

Offering vitamin enriched water for a variety of animals. Includes ingredients and vitamin function and testimonials.

Source: <http://productsherbal.com>