

Buy Health Pills

Not all health pills are created equal - some may do your body more harm than good. So before you buy health pills, keep these pointers in mind:

1. Treat health pills like medicine. Health supplements work like any other medicine - they affect your body's processes a certain way, so they should be taken with care. If not used properly, they can have adverse effects on your health. So before you buy health pills, make sure to at least notify your doctor, who can tell you if a formulation is safe for you. Remember that supplements can react to the other medications you are taking - the wrong combination can be lethal.

2. Buy only from reliable manufacturers. Supplements and health pills are NOT regulated by the FDA. It is up to you to choose high-quality products to make sure you are getting what you paid for. Some supplements may contain potentially harmful additives like starch and sugar, and may not have all the nutrients they claim to have. To be safe, buy health pills only from pharmaceutical GMP-compliant manufacturers. These companies comply with very strict manufacturing standards, so their products are of very high quality.

3. Be extra cautious if you belong to the high-risk group. If you are pregnant, breastfeeding, or have high-maintenance illnesses such as diabetes, liver disease and heart conditions, some health pills and supplements may be harmful to you. Children and the elderly should consult a physician before they buy health pills. Before undergoing surgery of any kind, disclose all the health pills you are taking to your doctor. This is VERY important, as some health pills and supplements (even natural or herbal types) could react adversely to anaesthetics.

4. Do not believe exaggerated claims. Before you buy health pills, read the label first. Do not fall for overstated safety claims if they are not supported by credible scientific evidence. Labels such as "100% safe" are not always accurate - some manufacturers may have you believe that just because their products are made from natural plants, they are already safe. Keep in mind: some plants or some combination of plants are poisonous. Also be wary of health pills that claim to have "no side effects." Side effects are determined by your health condition and certain predispositions. Just because a certain health pill did not trigger any side effects on another person does not mean that it will not trigger any on you. Be especially cautious of health pills that tell you to suspend intake or change your doctor-approved dosage of the prescribed medicines you are taking. Most health pills are not approved 'substitutes' - you have to consult with your doctor before decreasing intake or completely getting off your usual medicine. Lastly, do not buy health pills that claim to single-handedly treat or prevent illnesses. These claims are not tested by the FDA.

About the Author

Vitamins Save on HealthFitLabs Vitamins. Increase wellness. Recent research shows that antioxidant vitamins may not be as powerful.

Source: <http://productsherbal.com>