

## How to Lose Weight with Vitamins

Did you know that vitamins can help you lose weight? In this article, an experienced model gives us hints about how it can really work. I have always found vitamins enormously helpful in weight loss. Not only do they supplement your nutritional input when following a low calorie diet, but they can also increase your metabolism and actively increase your weight loss! If you have been dieting hard but not losing weight, or reached a plateau, chances are that you are deficient in at least one vitamin or mineral. Eating healthily is important, but every dieter should supplement their food intake with vitamins. There are excellent vitamin supplements available on the Internet - its never been easier! Take Choline to metabolize fat - this vitamin is very important! If your levels of Choline are too low, fat tends to get blocked in the liver. Good sources include egg yolks, wheat germ and peanuts. Choline is the main ingredient in Lethicin. Add Iodine to your diet to stimulate the thyroid and promote a healthier faster metabolism. The best source of Iodine is in Sea-Kelp, which is commonly available on the high street. Take Inositol - this vitamin works with Choline to metabolize fat. Good sources are soy, eggs and nuts. Supplement you diet with Chromium - it processes carbohydrate and reduces hunger pangs. Studies have shown it to increase weight loss when dieting. Make sure you consume enough of Vitamins B2, B3, B5, B6 - all these B-vitamins keep your metabolism running (very important for weight loss) and ensures a healthy thyroid. Good sources include wheat bran, eggs and oats. Increase your dosage of Vitamin C - this helps the body to convert glucose into energy, and stops it from being stored in your body! Good sources include blackcurrants, broccoli, oranges and strawberries.

## About the Author

Natural women vitamins and health supplements. High quality, natural women supplements to address multiple health concerns.

Source: <http://productsherbal.com>