

## Different Forms of Vitamins and Manufacturers of Vitamins

Healthy and Nutritional food comprises of all the vitamins, minerals and supplements required for daily consumption. But we don't consume the adequate amount of essential vitamins, minerals and fatty acids needed by our body. Even the fruits and vegetables consumed by us lack in nutrients as they are also synthetically ripened. To fulfill all the nutritional value, we take the help of vitamin tablets. They are easily available and are not too expensive for the pocket.

The vitamins are broadly divided into natural and synthetic vitamins. The nutrient value also changes as per the content of the vitamins. Natural or organic vitamins are manufactured by using organic products and are more effective. The contents used are obtained from natural ingredients. On the other hand, synthetic vitamins are manufactured by using cheaper products. They are not as effective as the organic ones. There's an argument in the medical community claiming that natural vitamins obtained from food are superior to lab-grown synthetic versions. It's true. Natural vitamins are often superior to synthetic ones since the entire vitamin is not produced during the process of creating it in the laboratory.

To some extent it also depends on manufacturers of vitamins, as to how they are producing them, what methods are they using, whether it's a contract manufacturing company or not. The manufacturers play a very important role and it's a wise decision to check the manufacturers and their authenticity.

It becomes a responsibility of [manufacturers of vitamins](#) to check their products. Those who are strong supporters of taking natural vitamins feel that synthetic ones can cause the body to try to make up for what it is missing. The body can react to synthetic vitamins in a similar way to symptoms resulting from taking certain types of drugs.

However, it is better to take the synthetic version rather than no vitamins at all. There is a place for them since they do provide a resource for much-needed vitamins. Also, there are times when the natural and synthetic supplements are nearly identical according to the ingredients listed on their labels. In that case, there's no reason not to buy the less expensive synthetic version.

## About the Author

Richard Messina a expert author for a variety of health related subjects like vitamins, supplements and [manufacturers of vitamins](#). For more information about nutritional supplement and vitamins please log on to <http://www.atlanticepny.com/>

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