

48 AR Take your Vitamins!

There are two supplements that I recommend for everyone: a daily multi-vitamin and Omega 3 Fatty Acids. Here's what our UFQ Nutrition Expert, Kay Rice recommends for everyone, and some tips for the best way to take your supplements.

A daily multi-vitamin is recommended for two reasons:

#1) We don't always have enough diversity in our diet to consume all the vitamins and minerals we need for optimal health.

#2) Due to the manner in which our food is produced and damage that has been done to the quality of our soil due to modern farming methods, some of our foods are not as nutrient dense as they used to be.

Essential Fatty Acids (Omega 3's) are recommended

because our bodies cannot make them on their own, and in order to have sufficient amounts of these Essential Oils we must consume them every day. Studies have shown that as much as 80% of the American population is deficient in one or more of these oils.

What are the benefits of Essential Fatty Acids? EFA's support weight loss, increase hormone secretion, increase energy levels, strengthen our immune system, lower cholesterol, improves cell metabolism and they are powerful antioxidants.

Here are some tips on the BEST way to take your supplements:

- Take your supplements with a meal & drink least 8 ounces of water with them.
- Be consistent by taking your supplements at the same time each day to create a habit.
- When taking your EFA's (or Omega 3 Fatty Acids), if you are using fish oil capsules and they happen to cause indigestion, switch to flax seed oil gel caps. For the highest quality, look for a gel cap which contains a combination of both Fish & Plant Based Oils, such as Flax Seed & Evening Primrose Oils among others.

- For optimal absorption of your multi-vitamin supplements a high quality tablet is superior to a capsule, and a liquid multi-vitamin is superior to a tablet for OPTIMAL absorption.

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