

When Buying Health Supplements

Contributed by Webmaster
Friday, 28 December 2007
Last Updated Friday, 28 December 2007

More info...

By Azlan

When you are purchasing vitamins, minerals or any other health supplement, you need to consider one very important factor first: That not all vitamins, minerals, and health supplements are created equal. Why is this so? Well, consider the facts. Health supplements, like any other product, are made by companies. Now what do companies generally like to do? Their focus really is to cut costs and increase profits. That could be a definition for success for businesses, but that is not a success formula for health though.

How dose cutting costs relate to health supplements, by the way? There are many things that can be put into supplements, many extras, to make them cheaper to produce. Two examples are binders and fillers. These ingredients are put there to stop substances from caking together, they are used as fillers, and they help bind substances together. They may serve a purpose but their overuse does not.

There are two common mistakes that a lot of people make when they go to a health food store and buy health supplements. First, they usually focus on the price of the product. This is generally considered to be a big mistake. Cheaper is not likely to be better. Quality usually comes with a price, like almost anything else. And our health and those of our families should not have a price tag on it.

Second, they look at the quantities. I have known lots and lots of people that compare two products like this. For example, this substance has 500 mg of Vitamin C, while this one only has 250 mg. They immediately think that the former is better. You are not going to absorb the extra amount anyway. Ignore the amount, at least somewhat, and look at the labels. Remember what I said about quality, binders and fillers. If you find health supplements that are full of these extra ingredients, or come much cheaper than usual, forget it.

Ignore the amount and read the labels. If you need any help, ask the staff or salespersons. Unfortunately, some stores hire people without any knowledge at all about the items they are selling, so if you find that the staff doesnt even know what hes talking about, then go elsewhere. As a general rule, buy the supplement that has the least amount of fillers. How do you know? Because when you read the labels like I told you, you will recognize and see many other extra ingredients. Lots of reputable companies that make quality health supplements are now using recyclable packaging, although this is not always the case.

When buying health supplements, its always wise to pick ones from good brands. You wont always get it the first time, but you will get a sense after a while. The better quality substances tend to be more expensive; however, you will need to take them less frequently to get the same benefits, and you will probably benefit better from doing so.

Eric Armstrong is a researcher and writer working for <http://www.healthsupplementsite.com>, where you can get high-quality health supplements at affordable prices. Visit us for all your health supplement needs.

Tips For Your Body's Health

{mos_sb_discuss:2}