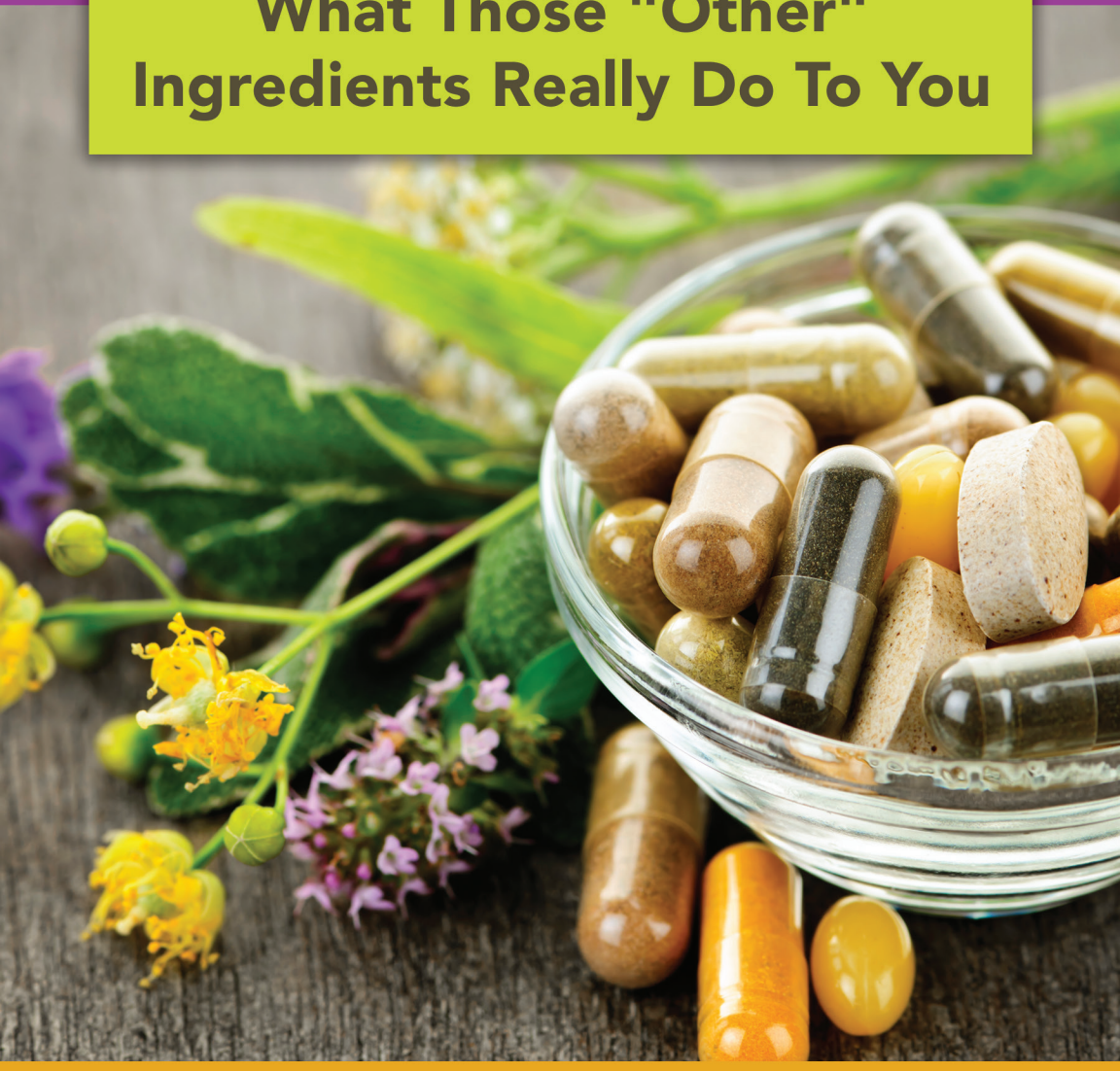
The Truth About VITAMINS

What Those "Other" Ingredients Really Do To You



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Do you want to put unnecessary additives into your body?
I didn't think so.

It's the little things that we don't even think about, like carbon monoxide! Yes, that's the gas that we could die from if we inhale too much of the fumes from the car's exhaust pipes. It's used to package ground beef and sometimes seafood like tilapia or tuna. They use it to help maintain the fresh-looking color of the meat. Carbon monoxide is sometimes injected into plastic wrap after all the air is sucked out of the package in an effort to prevent oxidation which turns meat a bad color (then you don't want to buy it). Someone with a badge decided this process is safe for us humans, (yes, I'm being sarcastic)… but fortunately, someone else with a badge in a supervisory position decided it shouldn't be done to every package of ground beef or fish. There's no way for us to know which package was gassed and which wasn't. My point is, there are lots of unnecessary additives we introduce into our body, knowingly and unknowingly. Additives impact your health.

I already know you're savvy and educated beyond most people, because you have signed up to receive this ebook which will help you

make better decisions. I'll teach you about inactive ingredients, they are not all bad. You can make informed decisions now, by knowing exactly what's INSIDE your medications and supplements.

I'm a pharmacist and will have been licensed for 25 years at the time of this writing. My degree was awarded by the University of Florida, I also hold an Associate of Arts degree in Chemistry, so understanding biochemical pathways is a second language to me. Compounds -no matter synthetic or natural- act upon your body's pathways and you have tens of thousands of pathways all interfacing in milliseconds. The information I'm about to share with you is almost impossible to find in one collection, and you're going to be blown away. I'm very excited to share this with you.

YOU DESERVE TO KNOW.

Product labels often look beautiful from a visual standpoint, and luckily they have to list all the ingredients that are inside your supplements and medications. Unscrupulous companies will leave out ingredients, of course, so always purchase from trusted sources.

It's important to know all of the ingredients and substances you're consuming even if they are "inert" meaning they don't have an intended biological activity in your body. Still, if they are IN your product, you deserve to know what they do IN you.

It's highly unusual when an inert ingredient contributes to any nutritional benefit. Sometimes they are neutral and nothing to worry about, but if you're sensitive, they can trigger allergies. Inert ingredients and other additives are often termed "excipients."

Getting away from excipients is difficult to do, if not impossible. Keep in mind that some excipients are important, and you really do need them. For example, some natural flavorings are present in a formula because they mask an off-putting taste, and some preservatives are needed to improve freshness and stability of your supplement. Sometimes excipients are needed to build a matrix so that medication or supplement release will be delayed, as in long-acting formulas. You can't automatically assume that because a substance is listed in "Other Ingredients" that it's bad. In some cases it is, and in some cases it's not.

WE ARE NOT LIKE DISPOSALS IN THE SINK!

Some of you are taking too many vitamins and supplements and you don't know they are laden with "other" ingredients.

The other day I received a letter from a Florida fan named Bill whom I've known for years. He requested that I research and review his private list of supplements to see what interacted with what and to find out if there was anything he could discontinue. The problem is he takes 49 supplements each and every day! Some of these supplements he takes twice a day, or three, or four times a day, combining the supplements and medications in various ways, all day long. The task requested of me is impossible to do. First, I do not know know Bill's medical history nor the purpose for him choosing to take 49 different supplements, swallowing probably 100 pills, powders or tablets per

day! Second, I don't know what combinations are taken at each hour of the day, but I can tell you this much, the excipient load in his body is very high. Taking in so many "other" ingredients is not good for your health; it can damage your stomach, intestines, your kidneys, liver, bladder and other major organs including your brain.

If Bill is buying regular old supplements at the pharmacy or deep discount stores like most people do, he's getting so many excipients that it can't possibly end well. Think of the disposal in your sink; you just keep putting chemicals in it, and at some point you have to hit the switch to turn on the disposal to get all the gunk out.. It's the same with your body, only it's super hard to turn on the "disposal switch" which would be several different elimination and detoxification organs. It's better to not gunk up the pipes to begin with.

Taking medications and some 50 various supplements is not something I would ever recommend to any of you. Ever. This gentleman could probably benefit from five … or maybe 10 supplements just to keep him in good shape, and of course I would expect a clean, healthy diet. My point is that you may be taking good supplements for your health, for example Vitamin D or Magnesium, but you are unknowingly taking in additives galore! This is what I think the Bills out there should do:

1. Take fewer supplements
   - definitely pare the list down from 49 - that's not healthy.
2. Take clean, pure supplements that have very few, if any, excipients.
3. Take targeted supplements. For example, if you have a hypothyroidism or arthritis, pick supplements that are multi-tasking (they have a few key ingredients in one clean capsule) as opposed to taking all the different ingredients one-by-one.

SYNTHETIC VITAMINS CAN BE TOXIC

Some of you are taking megadoses of vitamins and you don't know that they are synthetic a.k.a. "man-made."

Synthetic vitamins can have serious toxic effects. When you get diagnosed with liver problems, high cholesterol, chronic fatigue, kidney disease or cancer, it could be the result of taking vitamins that are not natural, meaning they are not complexed in the way that they are in nature.

This is how it can be with vitamins. The missing parts make the vitamin act sort of like a drug, meaning it has an unintended side effect. It's not natural. Your cells don't fully 'get' it! When you ingest synthetic or incomplete vitamins, you introduce foreigners into your body, and your body spends a lot of time, energy (ATP), liver enzymes and whatnot trying to "build" a better vitamin. Why wouldn't you take natural vitamins in the first place? I'm guessing because you don't know they exist. Or maybe you didn't realize that synthetic vitamins were bad. Maybe your trusted white coat professional looked you in the eye and assured you that all vitamins are the same, "Don't pay extra for good vitamins, you're just peeing out expensive water."

Having a background in pharmacology and chemistry, I beg to differ. Having taken synthetic vitamins and researched them all my life, I beg to differ again. It's not smart to overwhelm your system and metabolic pathways with non-natural nutrients that clog the engine. We as humans do not possess the cofactors necessary for building or creating fully- complexed natural supplements, we can't convert these incomplete synthetic chemicals into natural ones very easily. It costs us on every level, potentially clogging the kidneys and other

elimination organs. This is the reason that almost all synthetic vitamins are quickly eliminated and pushed out of your system (and flushed down the toilet) without you being able to incorporate them. Your cells don't recognize them because as far as your body knows, what you just swallowed was a mistake, and it has to be dealt with quickly. Paying a little extra for a biologically active nutrient means you are getting a bargain, because your body will actually use that. If you pay $10 for a supplement and it junks up your system, was that a bargain? You're better off without it. If you pay $20 for a supplement and it goes into your cell, and drives thousands of metabolic reactions in your body, you got a great deal. Get smarter right now and learn the names of natural vitamins as opposed to synthetic ones. You always want to choose natural. Later on, I will teach you what drugs and/or supplements contain ammonia and talc, so you can also avoid those as well.

FIND OUT WHAT'S IN THERE NOW

What exactly is an excipient? According to Merriam-Webster the definition of excipient is as follows.

EXCIPIENT: A usually inert substance (as gum arabic or starch) that forms a vehicle (as for a drug)

When I first read that my next question was, "What is gum arabic?" I'll define that next.

GUM ARABIC: Also known as acacia gum, chaar gund, char goond, or meska, is a natural gum made of the hardened sap of various species of the acacia tree.

I have my own SIMPLE definition of "excipient" so here goes: An ingredient used in the production or manufacture of drugs and supplements that doesn't have much impact on your body.

NATURAL VITAMIN AS FOUND IN FOOD	SYNTHETIC CHEMICAL VITAMIN, MADE IN A LAB
Vitamin A	Vitamin A acetate, Vitamin A palmitate, Retinyl esters
Betacarotene (food)	Beta carotene may also mean it's synthetic; Mixed carotenoids
Biotin	d-Biotin
Vitamin B-1 or thiamin pyrophosphate	Thiamin mononitrate or thiamin hydrochloride (HCl)
Vitamin B-2 or riboflavin 5 phosphate	Riboflavin or Vitamin B2
Vitamin B-3 or niacinamide	Niacin (isolated), or niacinamide (isolated)
Vitamin B-5 or pantothenate	Pantothenic acid or Calcium Pantothenate or panthenol
Vitamin B-6 or Pyridoxal 5 Phosphate	Pyridoxine or Pyridoxine hydrochloride (HCl)
Vitamin B-9, Folate or Methylfolate, 5-MTHF	Folic acid or Pteroylglutamic Acid
Vitamin B-12, methylcobalamin, adenosylcobalamin	Cyanocobalamin or hydroxycobalamin
Choline (food); phosphatidyl choline (food)	Choline chloride or choline bitartrate
Vitamin C; ascorbate (food) dehydroascorbate	Sodium or Calcium ascorbate
Vitamin D D3 or cholecalciferol	Vitamin D2, ergosterol, lumisterol, Irradiated Ergosteral, Calciferol
Vitamin E	dl-alpha tocopherol, dl-alpha tocopherol, all acetate forms, succinate
Vitamin K1, K2 or phylloquinone, phytonadione	Vit. K3, menadione, naphthoquinone, dihydrovitamin K1, Dihydrophylloquinone

*** Note: New synthetic forms of vitamins are developed all the time so this list is not complete.**

EXCIPIENTS DO LOTS OF THINGS:

1. The ingredient makes it easier for you to ingest and consume the active ingredients comfortably and safely, for example preserve the compound.
2. Help the manufacturer produce the supplement or medication very quickly, for example lubricate machinery used to produce the tablets or capsules. Without certain excipients, machines would have to run very slowly at the factory.
3. Make the product prettier. For example, some ingredients are unattractive or smell badly so excipients may be used to color the tablets, or make them smell better, or make the tablets shinier.
4. Make the tablet dissolve slowly for "Time- Released" long-acting products.
5. Make the ingredients stick together better, gluten is often used for this, but there are other binders too.

A few common excipients include flow agents, binders, sweeteners, fillers and acidulants. Let's go over those right now:

FLOW AGENTS

You could also call this a lubricant. Essentially, a flow agent is a compound that lubricates the machinery, and acts as an "anti-caking" agent so the capsules or tablets flow through big production lines and machinery without a lot of resistance. The most famous is "Magnesium Stearate" or "Stearic Acid." The tablets or capsules containing this will be punched out of the equipment without sticking to the metal. Magnesium stearate is found in many supplements, but not all. High-end companies shy away from this compound, and run their equipment at a slower speed. Magnesium stearate doesn't function as a vitamin or mineral and it is not a form of "magnesium" like the name implies. The one and only purpose for its use is to "bubble wrap" the individual ingredients, and lube the machines so

machinery doesn't get clogged up. I don't think it's that good for you because it doesn't offer nutritional content, however, it allows big companies to make vitamins faster, and more money. Capsules can be churned out quicker, without resistance allowing for cheaper prices to you (the consumer) but again, it's kind of like grease on the machines. This is not a dangerous ingredient, but it inhibits the solubility of the ingredients in your capsule. Even with stomach acid, they won't dissolve as quickly as normal (normal being without magnesium stearate), and I worry it inhibits absorption of your supplements. For that reason, I do not put any magnesium stearate in my vitamins or supplements (visit ScriptEssentials.com to see my formulas).

BINDERS

It 'glues' or binds together all the ingredients. Without binders, a tablet would basically disintegrate or crumble in the bottle. Cellulose is a simple wood-pulp derivative that is frequently used. It is natural and simply becomes an insoluble fiber when consumed, and leaves your body intact. It is not absorbed by your bloodstream. Other binders that belong to the natural FIBER category are called "colloids." They're used to hold or bind ingredients together or thicken them a little. These include guar gum, xanthan gum, acacia gum and cellulose gum. Colloids do carry some nutritional benefits because they are fiber and they are from vegetarian sources.

SWEETENERS

There are dozens of sweeteners including dried powders of fruits (for example, pineapple or monkfruit), or natural beet root powder which comes from the sugar beet; you may also see natural sweeteners like “cane sugar” or maple, coconut or honey. An herbal sweetener is commonly utilized called stevia. These are all natural forms of sweeteners which are used to improve taste for medications and supplements. We see sweeteners commonly added to whey protein powders, collagen powders, green superfood powders and tea blends. We also see sweeteners in prescription liquid cough syrups or antihistamines, as well as antibiotics for children, for example, liquid Amoxicillin or Zithromax. A sweetener called “simple syrup” is also commonly used. Artificial sweeteners are also employed in the making of many pharmaceuticals as well as some supplements and green superfood powders. These include Splenda, Saccharin and others.

Products are sometimes labels as “sugar free” or “no sugar” which is a clue that an artificial sweetener may have been used. You have to read the label to know exactly what is in your particular product as sweeteners can -and frequently- change in a product, and because it’s a sweetener, the manufacturer does not have to notify you.

FILLERS

When a manufacturer is putting in small amounts of ingredients, such as those measured in MICRO grams, the capsule would be virtually empty without some other kind of filler. For instance, iodine, chromium, selenium and others are very tiny molecules and would barely be detectable by the human eye so fillers are used. The capsule would be so tiny without a filler and so oftentimes you will see a little bit of flour used to fill the capsule. White refined (bleached) flour is

often used, depending on the supplement or medication, thus gluten is a problem. High-end companies or those who are mindful about people with gluten sensitivity or Celiac will almost always choose another flour, for example rice flour, or tapioca because they are more hypoallergenic and naturally occurring.

ACIDULANTS

Acidulants are sometimes found in liquids and powders for a couple of different reasons. For one, they add a slight zesty taste to foods, powdered supplements, powdered minerals like magnesium, or drinkable supplements such as whey, greens and electrolyte drink mixes. Citric acid is probably the most well-known acidulant. It has a specific pH to help alter the final product's acidity, or to make it more (or less) neutral. Acidulants help act as a preservative, ensuring your final product doesn't have any pathogenic contaminants. In order to minimize microbial growth of organisms, acidulants are used. Heat alone would be an alternative to an acidulant, however, this could deactivate the active ingredients in the liquid, so some companies add citric acid, magic acid, tartaric acid and/or aspartic acid. These are all derived from vegetarian sources, and all are gluten free.

A WORD ABOUT STARCH

Generally speaking, the word "starch" is a problem. If your product label lists "starch" or "maltodextran," it could come from wheat. Other sources of starch include rice, corn, potato and tapioca, so you have to call and check with the maker. Two other common ingredients are "dextrin" or "dextrate" and it's the same story there, too.These starches may come from various sources so you may want to find out. Caramel coloring is almost always okay, but on occasion, I hear it is derived from barley malt. Be careful ingesting anything with an asterisk if you have Celiac disease, or you are committed to a gluten free lifestyle. You will see the word "binder" at times, this means the ingredient keeps things together in your pill, the word "disintegrant" means that

it ensures your medication or supplement break up in liquid and release the active ingredient quickly.

In terms of gluten, you don't have to worry about any of these as they are all gluten-free excipients:

- Anything that says cornstarch
- Any sugar, they end in "ose" such as dextrose, sucrose, fructose
- Honey or corn syrup
- All ingredients that end in "cellulose"
- Alginates, agar or acacia
- Carrageenan
- Gellan, guar and xanthan gum
- Polyvinylpyrrolidone, povidone, croscarmellose sodium
- Lactose

GLUTEN

Symptoms of gluten intolerance include gas, bloating, rapid transit (you have to go to the bathroom soon after eating), diarrhea, headache, joint pain, canker sores, discolored teeth, itchy skin, headache and neuropathy (numbness and tingling).

If you were going to consume gluten, wouldn't you opt for eating pizza? If you're bent on avoiding petroleum based makeup and lotion (and you should be), then why are you taking it in your pills? Numerous studies have outlined the relationship between vitamin and mineral deficiencies and gluten intolerance and/or Celiac disease. Damage to the intestinal cells can lead to malabsorption and poor digestion. Gluten has been associated with this malabsorption, whether or not you have Celiac. One study showed that celiac patients following the gluten-free diet still had vitamin and mineral deficiencies due to malabsorption after 10 years later. Chronically ill patients who need supplementation as part of their recovery process should be more

vigilant about remaining gluten-free. The problem is that almost all medications contain this food additive, making it virtually impossible to stay away from if you take more than 3 medications. Vitamin supplements also contain gluten, but use is more rampant among pharmaceuticals. It's often due to the drug companies using shared equipment when contamination occurs. Gluten is like glue. It's used as a binder, so you'll often find it in the "other ingredient" section.

HERE ARE SOME OTHER NAMES OF GLUTEN-CONTAINING INGREDIENTS

Wheat

Modified starch (if source is not specified)

Pregelatinized starch (if source is not specified)

Pregelatinized modified starch (if source is not specified)

Dextrates (if source is not specified)

Dextrin (if source is not specified; the source is usually corn or potato which is acceptable)

Dextrimaltose (when barley malt is used)

Caramel coloring (when barley malt is used)

WHAT EXACTLY IS IN YOUR SUPPLEMENT AND MEDICATION?

Gluten-containing ingredients are noted with an asterisk.

INGREDIENT	WHERE DO THEY COME FROM?
Acacia	Gum from acacia tree used as binder in medicines (Synthroid, levothyroxine), and peel off masks
Acetic acid	Antibacterial, found in ear drops
Acetone	a.k.a "nail polish remover" a solvent in Allegra-D, some methylphenidate & omeprazole brands
Alcohol	Kills bacteria in pharmaceuticals
Alpha tocopherol	dl-alpha tocopherol, a synthetic piece of Vitamin E used to prevent rancidity
Aluminum Lake	Dyes, often used in lipsticks, but also in medications and supplements
Ammonia	Smelling salts, or as a cleanser, sometimes used in medications, see my list1
Artificial sweeteners	From a lab, they are gluten free
Acesulfame	Artificial sweetener
Aspartame	Artificial sweetener
Benzyl alcohol	Made synthetically from tar oil (toluene) used as an antimicrobial, preservative
Calcium carbonate	Tablet or capsule diluent, also sold as a calcium supplement by itself
Calcium stearate	Similar to magnesium stearate, see below
*Caramel coloring	Occasionally derived from barley malt, needs to be identified

Carmine	Natural colorant derived from crushed beetles, gluten free
Carrageenan	There are two types, usually derived from red seaweed used as a thickener
Cellulose	A natural ‘glue’ from the stalk of plants
Cetyl alcohol	Waxy substance that comes from spermaceti, the head of a sperm whale
Citrate (citric acid)	Used as an acidulant, usually derived from lemons or limes
Chicory inulin	A natural fiber from chicory root; has benefits as a prebiotic
Chitosan	Natural disperser made from shrimp or other crustacean
Cochineal	Reddish-pink colorant from a beetle native to S. America. Also known as “carmine.”
Corn starch	From corn, definitely gluten free, but sometimes it is GMO
Croscarmellose	From wood or cotton fibers, a disintegrant
Dextrans	Sugar molecules strung together (complex carb), it absorbs moisture and swells
Dextrimaltose	Sugar, it may be derived from barley malt, find out
*Dextrin	Starch, usually corn or potato, but could be rice, wheat or tapioca
Dextrate	Sugar molecules, sometimes used in effervescent tablets or chewables
Dextrose	Sugar derived from corn starch

Diglyceride	Derived from fats or oils
FD & C dyes	Regardless of the number, these are artificial colors added to make it “pretty”
Ferric Oxide	A.K.A “yellow oxide iron” this is a synthetic yellow dye
Fructose	Sugar derived from fruits
Gelatin	Animal derived, it is extremely common and used to make capsules, tablets, softgels
Glycerin	Possibly derived from propylene (a petroleum product)
Glycerols	Derived from fats/oils, it’s actually classified as an alcohol
Gluten	A binder derived from wheat, barley or rye which impacts intestinal permeability
Guar gum	Natural plant-based thickener which comes from the guar or cluster bean plant
Hydroxymethylcellulose	A natural ‘glue’ from the stalk of plants
Hypromellose	Hydroxypropyl methycellulose (HPMC) often found in ‘artificial tear’ eye drops
Iron oxide	It’s oxygen and iron combined; when it rusts, you get a coloring agent
Kaolin2	Clay, but it may be natural or synthetic, see my notes below2
Lactic acid	Preservative and acidulant
Lactose	Milk sugar used primarily as a filler
Lactilol	Milk sugar alcohol

Magnesium silicate	See talc
Magnesium stearate	Derived from stearic acid, a plant fat, used for lubrication of machinery
Malic acid	Derived from apples, this is an acidulant used for flavoring or tartness
*Maltodextran	This usually comes from corn, but also wheat, potato or rice
Menthol	From the mint plant, a salicylate herb used for flavoring or for cooling sensation
Methylcellulose	A natural 'glue' from the stalk of plants
Methylparaben	Suspending agent or antimicrobial preservative, thought to be an endocrine disruptor
Microcyrstalline, powdered	A natural 'glue' from the stalk of plants
*Modified starch	Unless the source is identified, it may contain gluten
Monoglyceride	Derived from fats or oils
MSG	Sometimes found in Chinese food, it's a common additive, often disguised as "natural flavors"
Oleic acid	Fatty acid used in lotion; a solvent found in Inhalers, may be linked to secondary bronchospasm
Opacode	It's an edible monogramming ink to stamp names or strength on tablets or capsules
Orange juice	Citrus juice from oranges used in the antidepressant drug Mirtazepine (Remeron)

Pectin	Natural dispersant and gelling agent, from fruits and berries to citrus rinds
Pharmaceutical glaze	E904 this is a type of shellac to coat “time release” tablets to slow the breakdown in stomach
Polyethylene glycol or PEG	Increases solubility of medicine
Polysorbate	A version of sorbitol
*Pregelatinized starch	Unless the source is identified, this could contain gluten
*Pregelatinized modified starch	Unless the source is identified, this could contain gluten
Polyvinylpyrrolidone	Popular plasticizer used as a tablet binder and disintegrant
Potassium sorbate	Preservative, to enhance shelf life; some people get stomach aches from this
Povidone	Tablet binder and disintegrant; it is bound to iodine in the antiseptic “Betadine”
Polyethylene glycol	Found in bowel preps and some laxatives, it makes ingredients smoother and uniform
Rice flour	A filler to take up space in the capsule, it is gluten free
Sorbitol	Sugar alcohol, may cause cramps, flatulence and diarrhea in sensitive folks
Shellac 3	Enteric coating for tablets to disguise taste or reduce moisture; often insect-derived 3
Silica	Known commonly as sand or quartz, it’s an anti-caking agent, disintegrant or flow agent

Silicon dioxide	See silica
Sodium laurel sulfate	From coconut oil, it enhances dispersion. It is a potent surfactant.
Soya lecithin	Lecithin derived from soybean oil used to stabilize mixtures
* Superoxide dismutase	This is a protective antioxidant that neutralizes free radicals, check the source
Sucralose	Artificial sweetener (brand Splenda), up to 1,000 times sweeter than sucrose
* Starch	Could be derived from gluten, rice, tapioca, corn or wheat
Stevia	Natural plant-based sweetener
Sucrose	Sweetener (this is fructose married to glucose), sometimes called “table sugar”
Talc	a.k.a. Magnesium silicate, this is an anti-caking or “flow” agent
Titanium Dioxide	White dye, thought to be a carcinogen; titanium metal is found in sunscreen & supplements
Wax, carnuba	Used in shoe polish and car polish chemicals, but also some supplements
Wax	A sticky yellowish moldable substance secreted by honeybees used as a binder
*Wheat	Filler, this always contains gluten, sometimes noted as “wheat starch”

White wax	Regular wax that has been bleached, used in lotions or ointments and for coating tablets —Advil, Atarax and Cardizem CD contain white wax.
Xanthan gum	Fermented corn sugar with a bacteria, Xanthomonas campestris used to thicken products
Xylitol	Sweetener, a sugar-alcohol that has one-third the calories of plain sugar
Zinc stearate	A form of stearic acid used as a flow agent and lubricant

2 The word “kaolin” could mean a lot of things. It is another way to say clay, however, I think of clay as a naturally occurring substance that helps a wide variety of health issues. Kaolin could be synthetic and it may be also called China clay. I’ve seen kaolin referred to as “aluminum silicate,” “porcelain clay,” “white bole” or “Hydrated Aluminum Silicate.” It may be used as an artificial colorant. You cannot tell from the word “kaolin” if this is natural clay or synthetic variation. You will have to call the makers. Regardless of the source, it is a gluten-free substance.

3 Shellac is a resin often derived from bugs called Kerria Lacca which have sticky secretions; it may be processed along with other ingredients (even plasticizers!) to coat or enteric coat medications or supplements. The secretions may be used to dye silk or wool.

IN CLOSING

When purchasing supplements or medications (or food for that matter) you can now read labels and understand what is really inside. It may be challenging to find items that are completely free of all these ingredients, but minimizing them goes a long way over time. It's amazing how much our body seeks to heal itself, we just need to get out of the way sometimes, and lower the burden of chemicals we ingest. I hope you've enjoyed this information and wish you the best of health!

CLICK ON ANY OF THESE LINKS TO BUY MY BOOKS

Drug Muggers: *Which Medications are Robbing Your Body of Essential Nutrients and How to Restore Them*

Thyroid Healthy: *Lose Weight, Look Beautiful and Live the Life You Imagine*

The 24-Hour Pharmacist: *Advice, Options and Amazing Cures from America's Most Trusted Pharmacist*

Diabetes Without Drugs: *The 5-Step Program to Control Blood Sugar Naturally and Prevent Diabetes Complications*

Headache Free: *Relieve Migraines, Tension, Cluster, Menstrual and Lyme Headaches*

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ABOUT THE AUTHOR

I hope you've enjoyed this ebook and learned the truth about vitamins.

Read hundreds of my articles, just use my search box and put in key terms that apply to you: www.SuzyCohen.com.

I'm the founder of a unique line of dietary supplements, all highly bioavailable and gentle on the stomach. To learn more visit www.SuzyCohen.com.

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