

VITAMINS ARE VITAL...per below excerpts from various knowledgeable sources... Are Your Vitamins Derived From All Natural Whole Foods Or Synthetic Sources?

We need up to 90 different nutrients daily for optimal health, per Dr. Joel Wallach, author of "Dead Doctors Don't Lie." Unfortunately, our modern western diets involving processed and fast foods, simply do not provide sufficient real nutrition in the needed amounts. Even if trying to include healthy components, such as organic vegetables, etc., they are frequently derived from mineral depleted soils, and only insure pestilent free processing. Therefore, various auto-immune diseases, such as cancer, can gain a foot hold and grow over time, taking advantage of our weak immune systems, unless we keep them strong. All health proponents agree that appropriate nutrition is mandatory to maintain good health, and most recommend vitamin supplementation as being needed, more especially if an appropriate diet is not maintained.

Currently, according to the Gallup Poll, one half of all Americans take vitamins, and up to two thirds of our seniors, in efforts to cover this important gap. However, approx. 90% of the popular off-shelf vitamins sold, such as via grocery stores and pharmacies, are the synthetic types, and made in laboratories. Although usually cheaper and with longer shelf lives than the whole food varieties that are made from actual food sources, the synthetic chemical versions do present some flaws in the views of many health advocates. For starters, most chemicals were not meant for human consumption, and lab efforts to mimic natural ingredients reportedly do not contain the complete vitamin, and can be missing components such as the valuable micronutrient portions. Furthermore, our bodies need to convert these chemicals into usable forms. Various reports indicate as low as only 20% of these chemical substances as being absorbed, which can result in bodily storage and/or the bright yellow urine discharge often experienced with synthetic rejections. Many producers are also known to use imported ingredients, and are possibly non-tested for potency and purity in some cases. Plus, high doses of some synthetics can pose toxic risks, especially when used long term. True whole food ingredient vitamins are simply much more efficacious and much better absorbed than the synthetic versions, and may be taken at anytime, with or without food, and with no stomach upsets. They can provide in most cases the important intake of various needed nutrients missing at most modern meals. They can even enhance some of the Superfood concentrated powders now available. KC Craichy at LivingFuel.com (a leading source of advanced Superfoods and author of "The Super Health Diet") recommends a good multi-vitamin for foundational health, plus following 5 supplements for serious nutrition: Fish Oil with GLA and Vitamin E, Astaxanthin, Resveratrol, Tumeric & Curcumin, and Vitamin D (and A). Note: Vitamin D3 has been found to be very cancer defensive, especially in sufficient dosages, and 87% more effective than the synthetic D2. You can obtain a special blood test to monitor this important status in your system. For sure, ThatVitaminMovie.com video presents good information including mega-dosing benefits for many illnesses, and be sure and visit Dr. Andrew Saul's site at DoctorYourself.com. In his book by the same title, he also mentions natural vitamins as normally superior to synthetics, such as a full 50% better in the case of Vitamin E, etc. However, the L-Ascorbic Acid found in Vitamin C is equal in both cases, and the synthetic is generally more affordable for high mega-dose applications, such as IV treatments. Considerable information may also be found at PeakEnergy.com (Dr. Thomas Levy's site) especially where IV high dose Vitamin C or the Lysosomal oral delivery involved. Many good articles are posted at his site accordingly.

Please be aware though, that when shopping for whole food vitamins, the container label may, unfortunately for consumers, actually and FDA legally, use the word "Natural" when only as little as 10% of the contents are actually Natural. Therefore, it will be necessary to always view the Supplement Facts label itself, and see the exact wordings used. If you have never heard of the word, and it sounds like a laboratory term, it probably is. Below is an example list of typical

wording for some of the commonly used synthetic ingredients found in many over counter multi- vitamin brands that are often on super market shelves and advertised on TV, etc...

Vitamin A: Retinyl Palmitate

Vitamin B1 (Thiamine): Thiamine Mononitrate, Thiamine Hydrochloride

Vitamin B2 (Riboflavin): Riboflavin

Pantothenic Acid: Calcium D-Pantothenate

Vitamin B6 (Pyridoxine): Pyridoxine Hydrochloride

Vitamin B12: Cobalamin

PABA (Para-aminobenzoic Acid): Aminobenzoic Acid

Folic Acid: Pteroylglutamic Acid

Choline: Choline Chloride, Choline Bitartrate

Biotin: d-Biotin

Vitamin C (Ascorbic Acid): Ascorbic Acid

Vitamin D: Irradiated Ergosterol, Calciferol

Vitamin E: dl-alpha tocopherol, dl-alpha tocopherol acetate or succinate

Note: The "dl" form of any Vitamin is Synthetic. Also, other ingredients reportedly considered as toxic

would include the following...

Magnesium stearate (or stearic acid)

Monosodium Glutamate (MSG) disguised as "natural flavors" Carnauba wax is used in car wax and shoe polish

Titanium dioxide is a carcinogen

For Dosage Guidelines: See next article and the Charts at ConsumerLab.com/RDAs with Recommended Daily Allowance (RDA) by Age Brackets & Upper Limits for Common Nutrients.

Note: Many labels now show the DV (Daily Value) in place of the RDA. Note: Upper limits shown at the Consumer (and many other) sites are far more in line with most current daily intake recommendations by many nutritionists. Vitamin amount abbreviations commonly used: IU=International Units, mg=milligram (1000 mg=1 gram), mcg=microgram (1000 mcg=1 milligram). FYI: 4 gr (grams) equals approx. 1 level teaspoon.

PS from FactorReady: There are healthy whole food alternatives to the many brands using the cheaper and non-natural synthetic and often imported ingredient formulations. Recognized natural brands include Mega Food, Organixx, Garden of Life, New Chapter, Mercola and Stop Aging Now, etc. Most also offer a strong 5000 IU Vitamin D3 with K2 deemed as very beneficial and anti-cancerous, especially when not obtaining at least 15 mins. or more of daily sunshine. Note: A K2 monitor caution is applicable if anticoagulants such as warfarin, etc., are being taken. Also, anti-inflammation and anti-cancerous are Curcumin supplements (C3 Complex, Longvida or BCM-95 considered as best 3 formulations, or suggested with Bioperine black pepper addition for better than normal absorption). Important Note: See our list of "Stem Cell Killers" as routine chemo and radiation does not delete these mother cells, which create cancer spreading daughter cells. Note too, If on an all vegan type diet or general energy lacking look into a good B-12 sublingual supplement such as B Complex Boost from BioTreeLabs.com. Just make sure the natural form of B-12, Methylcobalamin, is present in any brand chosen, rather than the cheaper Cyanocobalamin synthetic type. Seniors and diabetics on Metoformin are said to be especially subject to B-12 deficiencies. Special Note: Any oral vitamin available in the Liposomal delivery form is reportedly a more potent beneficial and bioavailable format to get the nutritional contents where they need to go. This should be very useful as example, for Vitamin C mega-dosing needs, especially where IV usage not available. See offerings at LivOnLabs.com as example for some quality specialty items, as recommended by Dr Thomas Levy at PeakEnergy.com. Also, consider an optional mineral supplement for nutrition needs too, as even if consuming organic (pestilent free) vegetables, does not insure mineral richness, with today's depleted soils. We like the Mineral Concentrate from MHClife.com, with over 70 all

natural trace minerals. We also like the nutrition additions of Superfood such as found at LivingFuel.com, Organixx, BarleyMax at myHdiet.com, and Garden of Life Perfect Food Raw as found at MyNaturalMarket.com and amazon.com, etc. Also see the Protein Bone Broth as offered at Organixx. These type concentrations of powder when mixed with filtered water or juice offer great nutrition input into our body cellular levels. You can also read about the DIY (do it yourself) Budwig Health Mix on our web site that can synergistically put needed and anti-cancerous oxygen into our body cells. And of course live juicing of fresh veggies and fruits is always highly recommended, especially if you have a good juice extractor, such as the versatile Samson 6-in-1 masticating model at SamsonJuicers.com. Juicing of fresh organic fruits and vegetables gets the nutrition where it needs to go, promptly! We also highly suggest the Transfer Point brand Beta Glucan, such as from BetterWayHealth.com, to keep our Immune Systems operating at peak ability, as it is our first line of defense against any disease. Organixx offers their 7M+ for a mushroom fermented immune support product. Furthermore, consider the benefits of Probiotics, which are live bacteria and yeasts that are good for your health, especially your digestive system. Some of the Bifidobacteria strains as example are even reportedly good at eliminating cancer cells. Doesn't your body deserve high quality and effective nutrition? Check with your local health outlets or above sources mentioned for these or other good nutritional brands.

LIST OF VITAMINS...

the-vitamin-and-supplement-guide.com/listofvitamins.html Showing: Vitamin...Dosage Range...Functions...Natural Sources...

Your body requires two kinds of Vitamins: fat soluble (A, D, E and K) and water soluble (B-complex and C). Antioxidants are man-made or natural substances that reportedly prevent or delay various types of cell damage. Antioxidants are found in many foods, including fruits and vegetables, and as dietary supplements. Examples of antioxidants include: Vitamin A, C and E, Beta-carotene, Lutein, Lycopene and Selenium. Basic Functions: Each of the 13 vitamins has a specific function, but they also work together to facilitate optimal health. Vitamin A supports healthy eyesight, immune function, skin, bones and teeth. You need vitamin C to support absorption of the mineral iron and also to provide immune protection and encourage healthy tissue development. Vitamin D, along with the mineral calcium, boosts bone health as well as a solid body defense system. Vitamin E facilitates your body's use of vitamin K, which helps in blood clotting and bone health, as well as promotes the formation of essential red blood cells. The eight B vitamins support a healthy metabolism, brain function, hormone production, regular heart operations, functioning of the central nervous system and cell duties (per livestrong.com).

The term "Free Radicals" refers to unstable molecules that can damage the cells in your body. They often occur as the result of normal metabolic processes -- when your body uses oxygen, it creates free radicals as a by-product, and they may cause damage to the cells of the body. This process is called 'oxidative stress.' You can also be exposed to free radicals from various environmental sources such as radiation, drugs, pesticides, solvents, cigarette smoke and other pollutants. The main action of antioxidants is to protect the body against free radicals.

Vitamin A Retinol and/or Beta Carotene 5000 - 50,000 IU Helps build healthy eyes, required for growth and bone development. Beta Carotene is a good antioxidant. Helps healing of infections. Carrots, yams, pumpkins, yellow or orange fruits, beet greens, fish, eggs, tuna
Vitamin B1 Thiamine 25 - 300mg Helps in carbohydrate metabolism and energy production. Required for normal nerve function. Whole grains, rice bran, lean meats, fresh peas, beans, wheat germ, oranges, poultry, fish, enriched pastas
Vitamin B2 Riboflavin 25 - 300mg Helps in production of energy from foods and the formation

of red blood cells. Fortified grains & cereals, leafy green vegetables, poultry, fish, yogurt, milk, cheese

Vitamin B3 Niacin 25 - 300mg Assists in release of energy from carbohydrates, fats and proteins; helps promote healthy skin. Fortified breads and cereals, brewer's yeast, broccoli, carrots, cheese, dandelion greens, dates, eggs, fish, milk peanuts, potatoes, tomatoes, tuna, veal, beef liver, chicken breast

Vitamin B5 Pantothenic Acid 10 - 300 mg Helps release energy from foods; required for synthesis of many substances. Lean meats, whole grain cereals, fish, legumes

Vitamin B6 2 - 300 mg Essential for protein metabolism and nervous system function; participates in synthesis of hormones and red blood cells. Whole grain breads and cereals, fish, chicken, bananas

Vitamin B9 Folic Acid 400 - 1,200 mcg Essential for red blood cell formation and synthesis of DNA and protein Fortified cereals, pinto beans, navy beans, green leafy vegetables, beef, brown rice, bran, cheese, lamb, liver, milk, mushrooms, oranges, split peas, pork, tuna, whole grains

Vitamin B12 Cyanocobalamin 25 - 500 mcg Helps maintain healthy nervous system, required for normal growth and for production of red blood cells. Helps breakdown fatty acids. Ham, clams, cooked oysters, king crab, herring, salmon, tuna, lean beef, liver, low fat dairy products

Vitamin C 60 - 5,000 mg Required for formation of connective tissue, bones and teeth; assists in utilization of other vitamins, acts as an antioxidant. Citrus fruits, strawberries, broccoli, melons, peppers, collards, dandelion greens, onions, radishes, watercress

Vitamin D 400 - 800 IU Aides in normal bone growth and tooth function; facilitates calcium and phosphorus absorption. Sun exposure, sardines, salmon, fortified milk, fortified cereals, herring, liver, tuna, margarine, cod liver oil (Note: D3 is the preferred formula, not D2 synthetic).

Vitamin E 30- 1,200 IU As an antioxidant it protects body cells and helps maintain normal red blood cells.

Vitamin H Biotin

Whole grains, wheat germ, nuts, spinach, sunflower seeds

0.3 - 1 mg Assists in metabolism of carbohydrates and synthesis of Legumes, nuts fats and proteins.

Vitamin K 80 mcg Essential in the blood clotting process. Green leafy vegetables like kale, spinach, broccoli, cauliflower

LIST OF MINERALS...

<http://www.healthylivinganswers.com/vitamins/list-of-minerals.html>

To get all the dietary minerals that we need it is very important to eat a well-balanced diet. Dietary minerals are needed to work hand-in-hand with vitamins to ensure good nutrition. They are important constituents of the bones, teeth, muscle, blood, tissues and nerve cells. Minerals can be found in a variety of foods (dairy, meat, cereal products, vegetables, fruit, nuts). Minerals are divided into two groups: Macro Elements: Calcium, Phosphate, Sulfur, Sodium, Potassium, Chlorine, Magnesium. These minerals are needed in large amounts. Micro Elements (Trace Elements) include: Iron, Zinc, Copper, Manganese, Selenium, Iodine, Molybdenum, Cobalt. These minerals are needed in small amounts. Remember to have the proper balance of minerals and vitamins to ensure good absorption of other minerals as well as good digestion. A proper balance can mean optimum health (per: foodpyramid.com/dietary-minerals). (Dosages shown below per health.harvard.edu/staying-healthy/listing_of_vitamins)...

Boron Mineral for building strong bones, treating osteoarthritis, as aid for building muscles and increasing testosterone levels, and for improving thinking skills and muscle coordination (20mg)
Note: It is often mentioned as especially beneficial for anti-cancerous Prostrate health.

Calcium Mineral The large majority of calcium within the body resides in the skeletal system and the teeth and without this important mineral, the body would be a shapeless mass of skin

(up to 2,500 mg).

Chloride Mineral Chloride is a member of the major mineral family and is better known as the other half of Sodium Chloride or table salt. It's importance inside the body is invaluable (750 mg)
Chromium Mineral Although the body only requires a small amount of the Chromium mineral, it is nevertheless an important must have for the body to function properly (up to 35 mcg)

Copper Mineral The copper mineral is a vital component of several important bodily functions and due to this, it is very important that the human body maintains a sufficient supply of this essential nutrient (900 mcg)

Fluoride Mineral While the fluoride mineral is not considered as essential, it does play a significant role in helping to fight tooth decay as well as keeping bones healthy and strong (up to 10 mcg)

Iodine Mineral The Iodine mineral is considered so important to the human body that many countries have passed legislation recommending that Iodine be added to table salt (150 mcg)
Note: visit drbrownsteln.com and see info on his Iodine book, etc. He recommends Ingestible iodine (such as Iodoral tablets) as very breast cancer preventive and cure assistance too.

Iron Mineral Out of the known minerals, the Iron Mineral is the most important because without it, nothing in this world could survive (8 mg)

Manganese Mineral Helps form bones. Helps metabolize amino acids, cholesterol, and carbohydrates (up to 11 mg)

Magnesium Mineral The Magnesium Mineral is one of the family of major minerals although it is not as well known as some of the other minerals (420 mg)

Molybdenum Mineral The Molybdenum mineral is one of the family of trace minerals and although the body stores this mineral in most body (45 mcg)

Phosphorus Mineral Within the body, up to 80% of the Phosphorus mineral can be found in the teeth and the bones. (700 mcg)

Potassium Mineral As well as being another of the major mineral family, the Potassium mineral is also a member of the electrolyte family (up to 2000 mg)

Selenium Mineral The Selenium mineral is one of the family of trace minerals and as such, the body only needs a small amount.(up to 400 mcg)

Sodium Mineral The Sodium mineral, otherwise known as salt, has been getting a lot of attention over recent years (500 mg)

Sulphur Mineral The Sulphur mineral is an amazing mineral that has a historical reputation for curing many ailments and alleviating symptoms (unknown dose)

Zinc Mineral is one of the family of trace minerals and is vital to all stages of growth. The Zinc mineral is an essential must have mineral (up to 40 mg)

Note: You'll also find considerable Vitamin & Mineral information at the below web sites...

doctoryourself.com (Dr. Andrew Saul's web site)

peakenergy.com (Dr. Thomas Levy's site)

Organixx.com (fermented products and bone broth, etc.)

health.harvard.edu/staying-healthy/listing_of_vitamins

vitaminangels.org (Note: please consider support for this Vitamins for Children organization)

Stay Well, Stay Prepared and Stay Prayed Up! Remember, Hosea 4:6 states "My People Perish From Lack Of Knowledge..."