

## Fish Oil or Omega 3?

**Actually it's the same thing. There are so many vitamins in the shops. Some are simple to identify like say Vitamin E but others can be marketed as 'Healthy Hair' or 'Brain Food' and it can all be a bit confusing! Which supplements do you actually need?**

Many people believe they can get the required daily allowance of vitamins and minerals from their food – in some cases this is true but for the majority of us, supplementation is the only way to ensure that we are maintaining our health through what we eat. Did you know that the RDA (recommended daily allowance) is the amount needed by a healthy person? So if you have health issues you can benefit from taking extra vitamins and minerals.

Usually nutritionists have a view about the best combination and will recommend basic ones to act as a foundation.

Your lifestyle will also affect how you supplement. If you do a lot of exercise, a good antioxidant formula would be advisable. Vitamins A, C, E and selenium are the main ones and should be contained in reasonable amounts. High levels of stress would require more B vitamins.

There are many good nutrition books on the market, so if you are unsure – give one a read or consult a practitioner.



### BASIC SUPPLEMENTATION

#### Multivitamin:

**A good one will contain at least 7500iu vitamin A, 400iu vitamins D, B12 and 50mcg each of folic acid and biotin. Calcium, magnesium, iron, zinc and manganese may be added as these are very often deficient in our diets.**

#### Multimineral:

**This should provide at least 150 mg calcium, 75mg magnesium, 10mg iron, 10mg zinc, 2.5mg manganese, 20mcg chromium and 25mg selenium, plus some molybdenum.**

**If your 'multivitamin' has added minerals then you won't need to supplement them too.**

### Helpful reading:

Optimum Nutrition Bible, Patrick Holford

The Nutritional Health Bible, Linda Lazarides

You Are What You Eat, Gillian McKeith

The High-energy Cookbook: Low-GI Recipes for Weight Loss and Vitality  
by Rachael Anne Hill & Nicky Dowie