
Vitamins - Good or Bad?

Some common forms of vitamins and minerals are not as good for you as you thought. There are some facts you should know before purchasing supplements.

- Vitamin C in the form of ascorbic acid can cause arteriosclerosis by causing the muscle in the lining of the arteries to thicken.
- Vitamin E in the form of alpha d-tocopherol has been advertised as an antioxidant; however, it has been shown to cause free radical damage to cells rather than protecting them.
- High doses of Vitamin A, in the synthetic form, have been shown to increase the risk of birth defects when taken by women who were pregnant. Natural A in whole foods did not contribute to birth defects.
- Chromium picolinate may pose a threat to your health by damaging DNA. When chromium picolinate is combined with ascorbic acid, it is even more dangerous. Damage to DNA has been shown to increase the risk of cancer. Chromium in the form of GTF (Glucose Tolerance Factor) does not pose a risk to DNA.
- Calcium in the form of calcium carbonate is very hard to digest and absorb. It also inhibits the absorption of other minerals because of its alkalinity. Calcium should always be taken in an acid form such as lactate, citrate, or malate.
- Silicon dioxide (sand) is used as filler in many supplements and can cause digestive problems.
- High dose, synthetic and individual (fractionated) B vitamins can cause deficiencies of other vitamins and trace minerals due to the extra load put on the liver, kidneys and other organs.
- Don't take something that is advertised unless you know you really need it. Remember, the most expensive vitamin you take is the one you don't need.
- Before purchasing supplements, first find out if it is something you need. Talk to me before hand. I have many tools that can help you determine what is best for you.

If you have questions, please call or email me at gbirdsley@msn.com.

Dr. Galen

Birdsley Health & Wellness Center
1360 South Main Street
Salt Lake City, Utah 84115
(801) 467-7141