

Multi- Vitamins

A guide to some of the benefits the vitamin and mineral content of Merlin Natural Health Multi-Vitamin capsule may have to offer.

As we get older, our body systems slow down including the immune system and the risk of illness and disease increase. A good diet, rich in all the vitamins and minerals we require is not always achievable and therefore it is recommended that a supplement is taken that can help achieve adequate nutrition and help boost the immune system.

Vitamin A.

Good food sources: - Carrot juice, pumpkin, sweet potatoes, carrots, spinach, tuna, dandelion greens, cantaloupe, mangoes, turnip greens, beet greens.

Vitamin A is the generic name given to a group of naturally occurring molecules called retinoids, which are powerful compounds drawn from plant and animal sources, to build or maintain an effective immune system.

Vitamin C.

Good food source: - Pineapple, broccoli, peppers, cantaloupe, strawberries, oranges, kiwifruit, pink grapefruit.

Vitamin C is known to protect gums, joints, ligaments, artery walls and skin. It also improves healing by aiding the production of collagen, the building block of tissues.

“About one third of your body’s protein is collagen”

Vitamin E.

Good food source: - Olive, vegetable and nut oils, sunflower seeds, whole grains, wheat germ, spinach.

Vitamin E works in a variety of ways, it has the ability to neutralize free-radicals, naturally occurring unstable molecules that can damage your body’s healthy molecules by stealing electrons to balance themselves. Studies show that Vitamin E may help to prevent disease and heart attacks.

Vitamin K.

Good food source: - Cauliflower, broccoli, spinach and green leafy vegetables.

Vitamin K’s primary role is to help the blood clot after injury, only a tiny amount is required to carry out this function. Can also be helpful to those who suffer from digestive disease. About half of the vitamin K your body needs is normally produced by your own intestinal bacteria.

Vitamin B1. (Thiamin)

Good food source: - Rice, bran, pork, beef, fresh peas, beans, wheat germ, ham, oranges, enriched pastas, breads, oatmeal and cereals.

Vitamin B1 deficiency causes loss of energy and reduces the brains ability to use glucose, which in turn impairs mental function and memory. Scientists also believe B1 deficiency may also cause an increase in the protein that causes Alzheimer’s disease.

Vitamin B2.(Riboflavin)

Good food source: - Poultry, fish, fortified grains and cereals, broccoli, turnip greens, asparagus, spinach, yogurt, milk, cheeses.

Vitamin B2 assists a number of important chemical processes in the body. Folate and vitamin B6 for example, need B2 to undergo the chemical changes that make them useful. Amino acids are transformed by B2 into what are called neurotransmitters, chemicals crucial for thinking and memory. A shortage of red blood cells, which causes symptoms such as anemia, has been linked in some cases to a lack of vitamin B2.

Deficiency of B2 can also affect your vision, causing your eyes to become light sensitive and easily fatigued may also reduce energy levels when taking exercise.

Vitamin B6.

Good food source: - Bananas, avocados, chicken, beef, brewer's yeast, eggs, brown rice, oats, whole wheat, peanuts, walnuts.

Vitamin B6 Research shows that this vitamin plays an important role in treating such diseases as, carpal tunnel syndrome, memory loss and brain function. Deficiency has been linked to glucose intolerance, which is an abnormally high rise in blood sugar after eating. It may also impair the secretion of insulin and glucagons, the hormone that tells your pancreas when to stop producing insulin.

Vitamin B12. (Cobalamin)

Good food source: - Clams, ham, cooked oysters, king crab, herring, salmon, tuna.

Vitamin B12 is important to the production of Myelin, the fatty sheath that insulates nerve fibres, keeping electrical impulses moving through the body. A deficiency in this vitamin has been linked to, memory loss, confusion, delusion, fatigue, loss of balance, decreased reflexes, pain perception, and numbness, tingling in the arms and legs, tinnitus. In severe deficiencies, there is actually degeneration in the Myelin sheath.

Folic Acid.

Good food source: - Fortified cereals, pinto beans, navy beans, asparagus, spinach, broccoli, brussel sprouts, and okra.

Folic acid is a nutritional powerhouse that makes things happen in the body. It works with approximately 20 different enzymes to build DNA, the material that contains the genetic code for your body, and is essential for normal nerve function. It may also protect against heart disease and stroke by reducing the body's levels of Homocysteine, an artery attacking chemical that accumulates in the blood of people who eat meat. May also help to protect against cancers of the lung, colon and cervix. Also protects a women's fetus from life threatening birth defects of the brain and spine.

Calcium.

Good food source: - milk, nonfat yogurt, cheese, collard greens, mustard greens, kale, broccoli, canned salmon with bones, sardines with bones, calcium fortified orange juice.

Calcium in foods is absorbed through your small intestine and into your blood. 99% of calcium in your body is stored in your skeleton. The amount of calcium in your blood is regulated by a substance called Parathyroid hormone. When calcium intake is low, Parathyroid hormone signals for the bone to be broken down, releasing calcium into the blood. Calcium is vital for bone growth and you also need a stable level of blood calcium for normal heartbeat, blood clotting and muscle function.

Magnesium.

Good food source: - Brown rice, avocados, spinach, haddock, oatmeal, baked potatoes, broccoli, yogurt, bananas.

Magnesium is a mineral that is essential for making sure that calcium is used properly and serves several crucial roles within the body, helping to turn food into energy and helping to transmit electrical impulses across nerves and muscles. It may help prevent heart attack, ease premenstrual syndrome, high blood pressure, asthma and kidney stones.

Zinc.

Good food source: - Cooked oysters, beef, lamb, eggs, whole grains, nuts and yogurt.

Zinc is a mineral that is very productive helping to create skin and sperm cells, boosting the immune system and is vital for the production of collagen which is essential to the healing of wounds. Several key enzymes that protect and preserve your vision can't be formed without zinc. "Zinc and vitamin A interact in the eyes to maintain the normal process of dark adaptation, where the eye's adjust to low levels of light"

Selenium.

Good food source: - Lobster, Brazil nuts, clams, cooked oysters, whole grains.

Selenium a mineral that protects cells against damage from free-radicals and is believed to play a vital role in protecting against viral infection.

Some studies indicate that people with high levels of selenium have a lower incidence of cancer.

Vegetable complex.

Fruit complex.

Green tea extract.

Lutein.

Good food source: - Eggs, kale, spinach, turnip, greens, collard greens, romaine lettuce, broccoli, corn, garden peas, Brussels sprouts.

Lutein helps to defend your cells from the harmful effects of free-radicals and protects the eyes from developing age-related macular degeneration and cataracts

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