

Differences between Synthetic and Natural Vitamins and Why Avoid Non-Food Vitamins

Journal of the American Nutraceutical Association: A landmark research study by the University of California and the American Nutraceutical Association showed that 97.5% of so-called "nutritional" supplements, including vitamins, are labeled with incorrect information and filled with toxic ingredients!

And 98% of the market's vitamin supplements are synthetic!

SYNTHETIC VITAMIN A

Synthetic Vitamin A given to pregnant women increased the risk of birth defects - such as cleft lip, cleft palate, heart malformations and nervous system damage - by as much as 400%! (Ref: **New England Journal of Medicine**. Nov 23, 1995. Vol 333, No 21.)

Non-Food Vitamins are vitamins that may be made with non-food. For example, **Synthetic Vitamin B1** is made with coal tar derivatives (think petrol!), hydrochloric acid or sometimes made with acetonitrole and ammonia. [Synthetic vitamin B1 \(Thiamine\) was shown to render 100% of a group of pigs STERILE!](http://www.youtube.com/watch?v=BStdo-wPNjQ) <http://www.youtube.com/watch?v=BStdo-wPNjQ> (Ref: Dr. Barnett Sure, Journ Natr, 1939) In another experiment way back in 1940, [Scandanavian Veterinarian Journal detailed an experiment involving Silver Foxes ingesting synthetic Vitamin B](http://www.naturalrearing.com/coda/l_vitamins_natural_vs_synth.html) http://www.naturalrearing.com/coda/l_vitamins_natural_vs_synth.html

SYNTHETIC VITAMIN B

"Eating high dose synthetic B vitamins is like trying to make a computer when you only have 90% of the pieces with many of those pieces being larger than normal size; eating natural B vitamins is like trying to make a computer with 100% of the parts with all the parts the correct size. Which of the 'computers' would work better? Obviously the one with 100% of the right parts!" - **American Naturopathic Medical Association**

SYNTHETIC VITAMIN C

Synthetic ascorbic acid (sold as Vitamin C) increases arterial walls by 2.5 times in thickness, and place these vitamin consumers at higher risks of heart disease. (Ref: Lawson KA, Wright ME, Subar A, Mouw T, Schatzkin A, Leitzmann MF. Multivitamin Use and Risk of Prostate Cancer in the **National Institutes of Health** -AARP Diet and Health Study. J Natl Cancer Inst 2007; 99: 754-764. And in **Reuters Health, March 2000**: men who took 500 mg of synthetic Vitamin C daily over 18 months showed signs of thickening of the arteries).

In the 1930s, **Dr. Albert Szent-Gyorgi** discovered synthetic vitamin C, but he did not recommend its use! Taking synthetic vitamin C over time will result in a more unhealthy acidic body because the human body is forced to release calcium to NEUTRALIZE the acid! Barley grass and berries may be better sources of natural vitamin C.

In Jan 2008, the American Journal of Clinical Nutrition showed that adults taking the synthetic version of Vitamin C suffered serious side effects. Doses of 1,000 mg of vitamin C a day impaired their energy systems (significantly hampering their endurance capacity and weakening the mitochondria of the cell (which burns fat and sugar).

Synthetic Vitamin C also had significant adverse effects on the antioxidant system (a key immune regulator): showed **positive Oxidative Reductive Potential (ORP)** which means it is more likely to spread free radicals within your body. Children may be even more vulnerable!

Ironically that is what vitamin C is supposed to do - protect human cells from free radicals attacks. (Free radicals found freely in air and food, attacks body cells not protected by anti-oxidants.) Clearly, synthetic vitamin C has no benefits to our health whatsoever!

SYNTHETIC VITAMIN E

In 1994, a study involving male smokers given **synthetic Vitamin E and synthetic beta carotene**, was stopped due to increased rates of lung cancer, heart attacks and deaths (Ref: **New England Journal of Medicine, 1994**).

But way back in 1845, **American Journal of Digestive Diseases** has already published that Vitamin E-deficient laboratory animals that were fed synthetic tocopherols died before the control group (that did not receive any nutritional supplements).

SYNTHETIC FOLIC ACID (Vitamin B9)

In order to enable the human body to use synthetic folic acid, additional vitamin B, C and B12 are required. For natural folic acid, there's no extra strain on the body to extract these 3 vitamins from organs or bone joints! **Synthetic Folic Acid also known by "Pteroylglutamic Acid", has been shown to produce acute toxicity in animals.** <http://onlinelibrary.wiley.com/doi/10.1111/j.1749-6632.1946.tb31783.x/abstract>

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OTHER STUDIES ON SYNTHETIC VITAMINS/SUPPLEMENTS

A 1994 study published in the New England Journal of Medicine found that synthetic vitamins did not improve muscle weakness and physical frailty in elderly Americans.

A Harvard study of 22,000 physicians reported no health benefits are demonstrated from synthetic vitamins whatsoever.

Dartmouth Medical School ran a four-year study to see if antioxidant nutritional supplements could prevent the recurrence of adenomas of the colon after surgical removal in 864 patients. After four years of giving 25 mg of beta-carotene, 1000 mg of ascorbic acid, and 400 mg of alpha-tocopherol (vitamin E) - all in synthetic forms - there were no positive effects noted. The researchers concluded that, "Current data do not support the use of antioxidant (synthetic) vitamin supplements for purposes of cancer prevention." (Ref: New England Journal of Medicine, July 22nd 1994).

Journal of the American Medical Association (February 2007): an increased death risk when synthetic vitamins were taken with the hope of improving health or preventing nutritional deficiencies.

Here's a video of Dr. Mercola warning dangers of synthetic vitamins/supplements:

<http://products.mercola.com/whole-foods-multivitamin/>

Things That Synthetic Vitamins or Inferior Vitamins and Supplements May Also Contain

- unlabelled synthetic oil, sodium benzoate or sorbic acid to prolong its shelf life (preservatives)
- FD&C yellow #5 or #6, FD&C Blue #2 Lake, FD&C Red 40 (food colourings made from a carcinogenic coal tar derivative or other chemicals)
- titanium dioxide (used as a pigment; listed as "possibly carcinogenic")
- hypromellose (used in enteric coating of HARD-COATED pills, this substance is a propylene glycol form not unlike those used as anti-freezing components in automobiles, cupcakes and pizza; quite toxic)
- methylene chloride (for coating)
- triethyl citrate (used to coat tablets or as an anticoagulant)
- magnesium stearate (lubricant/anticoagulant used to keep pills from sticking together)
- sodium citrate (anticoagulant used to keep some substances from sticking together)
- stearic acid (used most often as a lubricant or a medium to cause oil and water to mix together)
- ethyl cellulose (chemical solvent)
- methylcellulose (additive)
- microcrystalline cellulose (filler)
- mineral oil light (petroleum-based carcinogenic emulsifier; prevents the absorption of many nutrients)
- polysorbate (emulsifier)
- silicon dioxide (drying agent)
- cancer-causing BHT
- croscarmellose sodium (a chemical stabilizer that helps tablets break down better inside the human body)
- crospovidone (another chemical stabilizer but could be damaging to people allergic to iodine)
- sodium lauryl sulfate (not sure why a shampoo and personal care ingredient is in there!)
- lactose monohydrate (could be from gmo cows or gmo milk; not for lactose-intolerant)
- sucrose (synthetic sugar most widely known as "Splenda")
- nutrition-less excipients like hydrogenated oil, talc, Butylated Hydroxytoluene, Chromic Chloride, Nickelous Sulfate, petroleum-derived Polysorbate 80, Sodium Metavanadate, Sodium Silicaluminate, Sorbic Acid, Polyethylene Glycol (PEG) and Propylene Glycol (PPG)

An animal study found that natural food complex Vitamin B6 was absorbed 2.54 times more into the blood and was retained 1.56 times more in the liver than synthetic Vitamin B6.

"Synthetic vitamins are super-processed. They are usually manufactured at high temperatures and contain artificial or toxic ingredients, such as dyes, preservatives, coal tars, sugars, starch, and other additives. Kind of like paint or plastics." - <http://doyouwanthealth.com/2008/06/13/whats-wrong-with-synthetic-vitamins/>

Why Are These Synthetic Vitamins/Supplements Like That?

Have you noticed that something is MISSING in many Omega-3 fortified milk (that keeps milk from turning toxic)? Natural Omega-3 oils in whole foods like fish, do not come WITHOUT their own anti-oxidants (the oil's defense system); without these CO-FACTORS, the omega-3 fatty acids quickly become rancid and cancer-causing. Many of such synthetic vitamins and supplements are like that too; they cannot work without their co-factors.

Co-factors are needed to assimilate and digest food nutrients. Since synthetic ingredients (not limited to vitamins, minerals and enzymes) lack the co-factors that is otherwise found in natural whole foods, overtime either one (or all) of these will get weaker because your body needs to draw the components TO MAKE UP for the missing co-factors: muscles/bones/organs.

"Vitamins cannot be isolated from their complexes and still perform their specific life functions within the cells. When isolated into artificial commercial forms, like ascorbic acid, these purified synthetics act as drugs in the body. They are no longer vitamins, and to call them such is inaccurate. In addition, **mineral co-factors must be available in the proper amounts. If any of these parts are missing, there is no vitamin C, no vitamin activity.**" - **Dr. Timothy O'shea**

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After ingestion of synthetic vitamins/ingredients, they take your body's focus away from attacking free radicals. (Free radicals is found in air and food; while they are scavengers of dead material and helps in the decomposition of the dead, they also attack living cells; especially weak cells not protected by anti-oxidants.) Absorbing natural vitamins will help your body to concentrate on the more important tasks such as fighting free radicals, which are responsible for mutating cells (cancer).

[The Organic Consumers Association emphasizes that isolated vitamins cannot be used or recognized by the body in the same way as the natural version](http://www.globalhealingcenter.com/health-products/cpcaff.php?ref=172441&url=http://www.globalhealingcenter.com/natural-health/synthetic-vs-natural-vitamins/) <http://www.globalhealingcenter.com/health-products/cpcaff.php?ref=172441&url=http://www.globalhealingcenter.com/natural-health/synthetic-vs-natural-vitamins/> In summary, synthetic vitamins do not contain all of the co-factors, components and co-enzymes that contribute to the overall usefulness of a vitamin in its organic natural form.

It's true that **many experiments involving synthetic vitamins and supplements go way back many years, and may look as if they are outdated studies, but one must remember our human bodies have not changed much the last 50 years!** You would react violently to E Coli poisoning in your childhood as you would now in your adulthood or old age. No different!

More than 3,800 different compounds have been identified in foods as having nutritional significance. But modern science can only reproduce about 20 nutrients to be placed into a vitamin product. That makes and leaves a lot of room for non-food products to create your synthetic vitamins and supplements! (Ref: **Duke, James. Handbook of Chemical Constituents of Grasses, Herbs, and other Economical Plants.** CRC Press, Boca Raton. 1992)

You can find lots of studies that vitamins C, D and selenium do not help prevent cancer - those studies may have been conducted with synthetic vitamins.

"One of the most perilous deceptions is the passing off of phony, synthetic vitamins or crystalline-pure fractions of vitamin complexes and saying that the body does not know the difference." - <http://yourgreensite.net/2010/03/why-synthetic-vitamins-are-a-waste-of-money/>

I agree with this....do you think your body is really DUMB?? Take care of it and it will take care of you!

Why are Synthetic Vitamins made?

Because it's more convenient to make and "culture" or to create in a laboratory. And it's cheaper for food manufacturers to buy and use for food processing.

How to avoid Synthetic Vitamins/Supplements

If you have polarized light at home, you can get a good visualization of the difference between natural vitamins and synthetic vitamins. Due to natural substances' molecular rotation, light ray will bend to one direction . Synthetic ungreidents will split the ray of light into 2 directions, because it is made out of half dextro-form (right-form) and half levo-form (left form).

Other Info that Will Help You to Distinguish between Natural and Synthetic Vitamins and Supplements

Vitamins and supplements that have these on their labels:

USP vitamins or

'pharmaceutical grade' nutrients

you are looking at synthetic vitamins.

[USP vitamins are made in licensed production laboratories and meet the rigid standards of the United States Pharmacopeia]

Some **food ADDED into USP vitamins** does NOT make it a natural vitamin.

All **time-released vitamins and supplements** are also synthetic.

Vitamin B-complex that is labelled as "NO YEAST" contains synthetic components.

If your multi-vitamins list **Vitamin C and "Rose Hips Acerola" (or "Acerola") in one row**, you're most likely looking at a synthetic multi-vitamin.

Whenever the word "**acetate**" occurs on the label of fat soluble vitamins (A, D, E and K), you're looking at synthetic vitamins.

Avoid any food products, vitamins and supplements with lactoferrins! [**Why Avoid Lactoferrins**]

Labels Alone Do not Tell the Whole Story

The word "natural" on vitamin and supplement label should be ignored as no government even has a definition of what "natural" really is. (The FDA allows labeling to say "natural" when 5% of the ingredients are natural!!) And "natural" does not mean "organic".

Avoid any **fractionated vitamins (altered natural vitamins)** or co-natural vitamins. **Co-natural vitamins** is a little like omega-3 oil without astaxanthin to keep oil fresh. Although co-natural vitamins are not synthetic, it just makes sense to avoid them. Any co-factors missing in your vitamins make them work like "synthetic" vitamins do. Avoid such vitamins and supplements because you want your vitamins as fresh as possible.

Avoid any vitamins brands that also sell steroid or anabolic supplements like androstenedione, estrogen, testosterone, or DHEA (dehydroepiandrosterone). The more a brand carries potentially harmful supplements, the more likely the brand is to also carry synthetic vitamin and supplements.

Watch out for any ingredient name that has an asterisk "*" (without the " quotes) beside it. If you spot a name of vitamin ingredient with an asterisk, you are most likely looking at a bottle of cheap, processed "imitation" vitamin that has been stripped of all other compounds normally found in fruits and vegetables.

Here's a detailed table to help you distinguish between some natural and synthetic vitamins etc ([will be updated as and when I get new verified info](#)):

	If labelled as:	It is:	Chemicals used in synthetic types & Vitamin Manufacturing Info
	As part of any vitamin or supplement name/ingredient	Acetate	Synthetic
Vitamin A	Fish Oils	Natural	
	Beta-carotene	Synthetic	Beta carotene is not vitamin A, but is a phytonutrient that converts to vitamin A compounds in the body.
			Beta-carotene in vitamins, is made from liver of animal. Since animals could but genetically modified, it's best to assume that beta-carotene is synthetic. It does not say if the animal is a cow, goat or pig.
			Can be natural, can be synthetic.
	Lemon Grass (co-natural)	When questionable, may be wiser to take it as "synthetic".	Synthetic Vitamin A is made from methanol, benzene, petroleum esters; acetylene and sometimes with refined oils.
	Acetate Palmitate	Synthetic	Vitamin A Palmitate: Condensation of "Pseudoionone" with sulfuric acid using methyl chloroacetate, decarboxylated to β -C14-aldehyde + 3-methyl-2-penten-4-yn-1-ol which gives hydrogenated to C20-alkynediol, before acetic anhydride is added, and lastly dehydration with hydrobromic acid.
	Vitamin A palmitate Retinol If source not given	Synthetic Synthetic Synthetic	
Vitamin B-Complex	Brewers Yeast	Natural	
	If source not given	Synthetic	
Vitamin B1	Rice Bran	Natural	
	Yeast	Can be natural,	An animal study found that a

	Thiamine Mononitrate	can be synthetic.	natural food complex vitamin B1 was absorbed 1.38 times more into the blood and was retained 1.27 times more in the liver than synthetic Vitamin B1 (Ref: Schmid F, Christeller S, Rehm W. Studies on the state of vitamins B1, B2 and B6 in Down's syndrome. Fortschr Med 1975;93(25):1170-1172).
	Thiamine Hydrochloride (Thiamin HCL)	Synthetic	
	Thiamine Chloride	Synthetic	Synthetic Vitamin B12 is made with coal tar derivatives, hydrochloric acid; acetonitrole with ammonia
Vitamin B2			
Biotin (previously known as Vitamin H)	Rice Bran	Natural	Natural if liver is not from gmo source or genetically engineered with gmo substances.
	Nutritional Yeast or Liver	Can be natural, can be synthetic. Best to take it as "synthetic".	Comments Liver from animal that has been genetically modified has to be considered synthetic.
	Riboflavin	Synthetic	Synthetically produced with 2N acetic acid
	Flavin (previously known as Vitamin J)	Synthetic	
	Catechol (previously known as Vitamin J)	Synthetic	
Vitamin B3	Rice Bran	Natural	
	Yeast	Can be natural, can be synthetic.	Synthetic Vitamin B3 exhibit many anti-vitamins activities in the human body.
	Niacinamide or "Niacin" (controlling blood sugar)	Synthetic	It is made with coal tar derivatives, 3-cyanopyridine; ammonia and acid.
	Niacin (cholesterol control)	Synthetic	
Vitamin B5	Pantothenate	----	No longer marketed as a natural vitamin
	Vitamin B5	Synthetic	No longer marketed as a natural vitamin. Eggs, broccoli, lentils, legumes and whole grains contain natural Vitamin B5.

	Pantothenic Acid	Synthetic	Condensing isobutyraldehyde with formaldehyde. Often used in hair shampoo and hair conditioners.
	Calcium Pantothenate	Synthetic	
Vitamin B6	Yeast	Can be natural, can be synthetic.	Better to take it as synthetic as you never know if it is from genetically modified yeast.
			Only natural plants (vegetables, herbs) are found to contain this natural Vitamin B6.
	Pyridoxine Hydrochloride (beta-Dglycopyransosyl) pyridoxine	Synthetic Synthetic	Petroleum ester & hydrochloric acid with formaldehyde.
Vitamin B8	(from Rice)		
		Synthetic	Synthetic Vitamin B8 is made of Phytin hydrolyzed with calcium hydroxide and sulfuric acid
Vitamin B9 aka Folic Acid	Folic Acid	Natural	Found naturally in broccoli.
	Folate	Synthetic	Folate prohibits absorption of Vitamin B12 (Ref: Barlow PJ, Sylvester PE, Dickerson JW. Hair trace metal levels in Down syndrome patients. J Ment Def Res 1981;25(Pt 3):161-168)
	Pteroylglutamic Acid (previously known as Vitamin M)	Synthetic	
Vitamin B-Complex	Brewers Yeast	Natural	
	If source not given	Synthetic	
PABA (Vitamin B-Complex)	Para-aminobenzoic Acid	Natural	
	Yeast / Nutritional Yeast	May be natural, may be synthetic.	
	Aminobenzoic Acid	Synthetic	Coal tar oxidized with nitric acid (from ammonia)

Vitamin C

Citrus
Rose Hips Acerola Berries
Wild Berries
Green Pepper

Natural
Natural
Natural
Natural
Natural

If "Vitamin C" appears even when **any one of the ingredients on the left** are already labelled, this vitamin C may be the synthetic form.

It is almost impossible to get more than 100 to 150 mg of vitamin C from food into a tablet/capsule. If yr vitamin C is above this amt, it's most likely synthetic.

Do you know that berries have higher vitamin C content than oranges? :)

Ester-C (aka Ascorbyl palmitate")

Synthetic

Ester-C is sometimes touted as the "most organic form of vitamin C". This isn't true.

Ascorbic Acid

Synthetic

Sodium ascorbate

Synthetic

Calcium ascorbate

Synthetic

Potassium ascorbate

Synthetic

Magnesium ascorbate

Synthetic

Synthetic Vitamin C lacks terrosenase (a copper enzyme needed to make haemoglobin and prevent anaemia).

Synthetic Vitamin C is made with hydrogenated sugar processed with acetone. Sometimes derived from gmo corn. (Hydrogenated sugar are NOT converted to energy by the liver but it's converted to fat instead.)

Mineral ascorbate

Synthetic

Vitamin D

Fish Oils
d-alpha-tocopheryl

Natural
Natural

In natural Vitamin D for example, you get all the natural d-beta, d-delta, and d-gamma. In synthetic Vitamin D, you don't get all those!

The best and most natural safest source of Vitamin D for us is what we produce from moderate regular sun exposure without burning.

Vitamin D

dl-alpha-tocopheryl
Irradiated Ergosterol
(Yeast)

Synthetic
Synthetic

Irradiated animal fat/cattle brains or solvently extracted or irradiated fungus as in the case

Calciferol Synthetic

Cholecalciferol (Vitamin D3 from animal sources.) Synthetic

Ergocalciferol (Vitamin D2 that comes from plants but are irradiated. Read right column.) Synthetic

Calcidiol aka 25(OH)D3 or 25D3 Synthetic

Calcitriol aka 1,25(OH)2D# or 1,25D3 Synthetic

Viosterol Synthetic

for Vitamin D2.

Just like synthetic Vitamin A, over-consumption of Synthetic vitamin D can be toxic. There is no danger from over-consumption of natural Vitamin D.

Do note that I DO NOT follow the Vitamin D Council's take on what is natural Vitamin D; they have listed Cholecalciferol as if it

Vitamin E

Veg Oil Natural
Wheat Germ Oil Natural

Natural Vitamin E exists with 7 other natural Vitamin E compounds (not extracted or removed).

When three tocopherols and four tocotrienols of Vitamin E are isolated, they become synthetic vitamins. Therefore any Vitamin E ending with "tocopherol" is considered a synthetic vitamin.

Vitamin E

d-alpha tocopherol Synthetic
l (in skin creams/oil)

dl-alpha tocopherol Synthetic
Succinate (anything that starts with dl-alpha is synthetic)

tocotrienols Synthetic

I-alpha tocopherol Synthetic

Although d-alpha tocopherol has been touted as a natural Vitamin E, it is unnatural because it is an isolated form without the rest of the naturally-occurring vitamin E complex.

Made from hydrogenated soybean oil using Trimethylhydroquinone with isophytol and highly-processed/refined oils.

Vitamin F	Essential Fatty Acids	Natural	
	Lipoic Acid	Natural	
	R- Alpha Lipoic Acid (nut pure omega 3 oils)	Synthetic	
	Alpha Lipoic Acid (ALA) - may be from Canola oil which is GMO rapeseed oil. This kind of ALA contain cis-transfat.	Synthetic	
	S-Alpha Lipoic Acid	Synthetic	
	R,S – Alpha Lipoic Acid. (not pure, a mixture of natural and synthetic oils)	Synthetic	
Vitamin K	Phylloquinone (Vitamin K1)	Natural	
	Alfafa (Vitamin K1)	Natural	
	Menadione (fairly toxic to newborns, toxic to adults even at 30mgs)	Synthetic	
	Menadoil	Synthetic	
	Menaquinones (Vitamin K2)	Synthetic	
	Vitamin K4, K5 and K6	Synthetic	
Vitamin P (no longer classified as Vitamin P, now know as flavonoids)	Phytonadione	Natural	
	Bioflavonoids or Flavonoids (can be Synthetic)	Synthetic	
Vitamin B12	Liver	May be natural, may be synthetic.	It is made through a fermentation process with the addition of cyanide!
	Micro-organism fermentation (may be synthetic)	Synthetic	
	Cobalamin Concentrate	Synthetic	
	Cyanocobalamin (CN-Cbl)	Synthetic	

	Hydroxycobalamin (OH-Cbl)	Synthetic	
Calcium	Dibasic calcium phosphate	Synthetic	This is poorly absorbed by the body
	Calcium D-Pantothenate	Synthetic	
Pantothenic Acid	Yeast	Natural	
	Rice Bran	Natural	
	Liver	Natural	
	Calcium D-Pantothenate	Synthetic	
			CoQ10 is naturally found in every cells of our body. It is in charge of chemical reactions that produce cellular energy.
			Anti-aging and good for the heart. "trans CoQ10" is natural whereas 'Ubiquinone' (cheaper cis-form) is the synthetic form of CoQ10.
Coenzyme Q10 (CoQ10)	trans CoQ10	Natural	CoQ10 may play a role in treatment of HIV and Muscular dystrophy.
			CoQ10 supplements are usually made from beef heart mitochondria but you can also get CoQ10 from organic peanuts, spinach and broccoli.
			Our own natural CoQ10 is made from our own liver. So keeping your liver healthy is key to helping it manufacture natural CoQ10.
	Ubiquinone (cheaper cis-form)	Synthetic	Potential effects of impurities such as coenzyme Q9 typically found in synthetically manufactured CoQ10 are unknown.

Note: The above table will be updated as and when new info comes in.

"Unlike some synthetic vitamins, no natural vitamin has been found to not perform all of its natural functions." - **Dr. Robert Thiel, Ph. D, Naturopthic Physician**

So as long as I eat a natural vitamin I am safe?

Nope, that's only half the story! Hardcoated vitamins and supplements may contain harmful food-binding compounds. If Omega-3 supplements were made this way, the Omega-3 fatty acids would have long ago oxidised and this is very toxic (cancer-causing). So really, you should be taking only capsuled vitamins and supplements.

Natural botanicals may contain background levels of heavy metals because they are naturally occurring in soil and water. Ask the vitamin manufacturer if they test ingredients for heavy metal content.

Look for vitamins that are treated with no heat to "low heat". The less processed a vitamin is, the better.

Vitamins that come packed with anti-oxygen packets will have reduced oxidation.

Also, beware of corps who pass off "real vitamins" when they feed synthetic vitamins to yeast and harvest the yeast to use in supplements. **If the vitamins have the label "100% Food", you can be safely assured that those are not synthetic vitamins. If the vitamin B is labelled as "active Vitamin B", that is natural vitamin B.**

How about freeze-dried natural vitamins? Vitamins made from grain alcohol (ethanol)? Are they safe?

Yes, they are if they are not heated in the manufacturing process without any added synthetics.

Can you Name a Few Brands known to have Synthetic Vitamins or Ingredients?

Pharmanex (marketed in Singapore by Nuskin)

USANA (marketed by Health Sciences Singapore Pte Ltd)

GNC (retail health stores)

Centrum Multi-vitamins (various personal care stores and pharmacies)

This is not a complete list. You can do your own homework and add to your list of vitamins to avoid. Information changes as manufacturers can sometimes change their vitamin recipes.

Can I test myself for Nutritional Deficiencies?

Yes, you can approach a clinic that does so. If you are in the USA, you can find [clinicians who test your blood samples for nutritional deficiencies via Spectracell \(search by state\)](#)

<http://www.spectracell.com/find-a-clinician/>

Other Things I Watch Out For When Choosing My Multi-Vits and Supplements

I tend to avoid any supplements with Inositol and Choline because they may be from GMO corns <http://bit.ly/d9cKu3> (some babies' milk powder has these as well); "Choline Chloride" and "Choline Bitartrate" are definitely Synthetic Soy Bean oils and you should avoid these 2. [Synthetic Choline is processed with ethylene and ammonia with either HCL or tartaric acid.]

I also tend to avoid **lecithin** as they could also be derived from GMO corn. If not from GMO corn, lecithin could come from irradiated vegetable oils which is rancid , oxidizing trans-fatty acids! (Ref: Naturopathic doctor from Los Angeles, Dr. Jack Singh).

I make sure I am eating a variety of whole fruits and vegetables because vitamins CANNOT work without proper correct amounts of minerals and enzymes!


Another reason why vitamins are not why you should ignore your food nutrients is because it is almost impossible to get more than 100 to 150 mg of vitamin C from food into a tablet or capsule!! It may be the same for other vitamins.

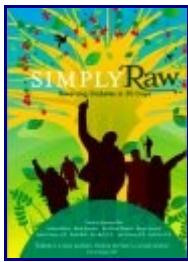
Organically-certified vitamins are only 85% organic. Vitamins are essential due to stressful lifestyles but that;s just what they do - they only SUPPLEMENT what you are currently eating. You cannot survive on multi-vitamins alone and neglect your nutrition. Always remember this!

"100 years ago if a medical doctor saw a case of cancer he would call all his colleagues to come and have a look, telling them it was unlikely they would see another case, as cancer was so rare. People rarely died of heart attacks; in fact the term heart attack itself didn't even exist. There was no incidence at all of atherosclerosis. Diabetes was practically unheard of. What did they eat? **Fruits, vegetables, meat, butter, and lard. But none of it was processed with drugs and chemicals.** Today one in three dies of cancer. One in two dies of heart disease. " - http://www.purelifenuitrition.com/Synthetic-Vitamins_ep_48.html

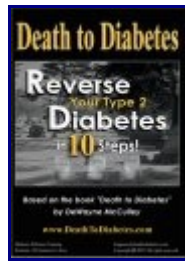
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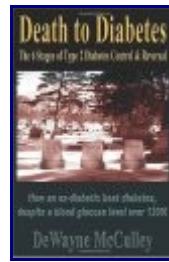
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\$23.99



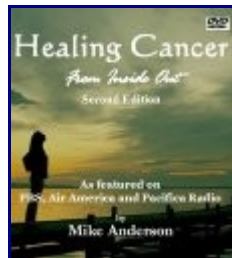
[Death to Diabetes -- Reverse Your Type 2 Di...](#)
\$19.95



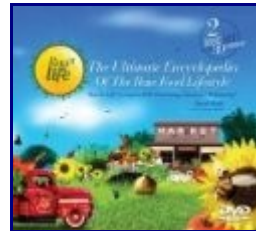
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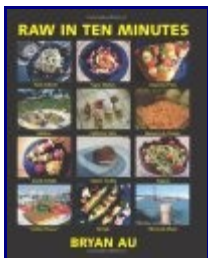
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