

Weight management. dietary supplements

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Dietary Supplements The use of vitamin and mineral supplements has been available for numerous years to individuals of all ages. Some physicians have recommended supplements to patients for improvement to personal health, while other people may have started a supplement regiment through self-diagnosis of dietary habits, research, or friendly suggestions. While not every vitamin and mineral is present in every individual's food consumption pattern, a person can take an active interest in what foods contain necessary daily-recommended dosages of which vitamins and minerals and plan meals according to their individual needs. Black (2012) discussed food options that promote a healthy body and lifestyle and also contain the needed vitamins and minerals for proper growth and development, along with adequate body functions. Some vitamins and mineral supplements have specific attributes that improve memory, help build or support the body's immune system, and enhance joint movement. Other supplements are used to regulate the digestive tract, thin the blood, and remove impurities from the body. Pharmaceutical companies and medical personnel endorse natural supplements as having minimal side effects, while chemical supplements are considered more harmful to the body. The following list of supplements discussed in this paper has been chosen for their singular benefits to one person's mental and physical health. The person's general practitioner has recommended some of the supplements and others have been self-diagnosed or tried for personal reasons. Vitamin E, Vitamin C, Calcium, Magnesium, Zinc, Ginkgo Biloba, Fiber, Super B Complex, Multivitamin, Fish Oil, Glucosamine and Chondroitin, Bilberry, Milk Thistle, and Aspirin are all included in the daily supplemental regiment taken by one individual on a daily basis. Some of these vitamins and minerals were recommended by a <https://assignbuster.com/weight-management-dietary-supplements/>

doctor and communication about each supplement has occurred with the general practitioner. Benefits and Consequences Vitamin E is an antioxidant in oil form that has healing properties, which can reduce and sometimes eliminate scar tissue from forming around cuts and abrasions. It is important in the formation of red blood cells and in widening the arteries to avoid blood clotting. The highest recommended daily allowance of Vitamin E is 1500 IU/day for natural forms and 1000 IU/day for chemical composed supplements. High doses of Vitamin E can increase a person's risk of bleeding and can cause serious bleeding in the brain. It has been attributed to some birth defects when taken by pregnant women in large quantities. (NIH, 2012). Vitamin C (500mg) is needed by the body for normal growth and development. The body does not store this vitamin and thus needs to be replaced constantly, since it is a water-soluble vitamin (excess is passed from the body through the urine). Vitamin C is believed to help improve the body's immune health, especially during cold and flu season. It is found in fruits and vegetables. The absence of Vitamin C in one's diet can interfere with the body's ability to fight infections, cause nose bleeds, and weaken tooth enamel. In adults, Vitamin C deficiency is known as Scurvy. Too much Vitamin C in a person's body will cause a stomachache or diarrhea (NIH, 2012). Calcium is not naturally produced by the body, but is necessary for healthy bones and heart beat regulation. The recommended daily allowance of Calcium is between 1000mg IU/day to 1200mg IU/day. Excessive amounts of Calcium in a person's diet can cause intestinal gas or constipation and has been related to heart attacks. The remedies for these side effects are increased water consumption and the inclusion of fiber. Magnesium is recommended for muscle and nerve health, but excessive amount of

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Magnesium has been related to symptoms of heart disease. Zinc helps to enhance the immune system, but affects the person's eyesight if eliminated from the diet (Chandler, 2012). Ginkgo Biloba (120mg) has been promoted as a memory-enhancing supplement for individuals, who want to maintain brain activity. It has been studied for a decrease in macular degeneration, which is a loss of sight, due to retina deterioration. It has also been linked to circulatory system improvement, by enhancing heart health and blood vessel size. Ginkgo is harmful if taken with certain prescription drugs and communication about a Ginkgo supplement with the prescribing doctor is essential (UMMC, 2011). Fiber is recommended for the regulation of the digestive tract through soluble and insoluble fiber. Soluble fiber turns to a gel once it begins to digest, while insoluble fiber creates bulk and promotes the flow of food through the intestines. Large amounts of fiber can increase intestinal gas and cause abdominal cramps (NIH, 2012). Super B Complex is a collection of all the necessary B vitamins in one form. These vitamins are recommended for extra energy, healthy muscles, and skin. Several benefits to the human body are provided by this supplement, such as cardiovascular health, reduced acne, healthy skin, hair, and nails, and as a stress reliever. The liver stores a substance that turns into B-12 when needed for healthy body functions. Multivitamin supplements are recommended for individuals who do not get enough vitamins in their regular daily dietary consumption. Vitamins are necessary for natural healthy growth and development and for proper bodily functions. Excessive vitamin intake often results in an upset stomach or a bad taste in the mouth. Communication about multivitamin supplements should occur with a physician prior to starting a supplement regiment (NIH, 2012). Fish Oil (1200mg), which contains omega-3 fatty acids

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are recommended for heart health and cardiovascular circulation. The reduction of strokes, irregular heart rhythm, and high blood pressure are affiliated with this supplement. Excessive amounts of Fish oil or omega-3 can increase the risk of bleeding. Some species of fish carry environmental contaminants (Mayo, 2012). Glucosamine and Chondroitin is promoted to help with joint flexibility and movement for individuals who suffer from arthritic pain or joint injury. It is a compound naturally found in healthy cartilage. Glucosamine and Chondroitin are presumed to supports the reduction of dependency on anti-inflammatory agents (Mayo, 2012). Bilberry (1000mg) is used for diarrhea, eye problems, and varicose veins. The extract from the leaves is commonly used in diabetes. It is considered toxic in high dosages or over an extended period (NIH, 2012). Milk Thistle (1000mg) is used for liver renewal with Hepatitis C patients, alcoholic liver problems, or cirrhosis of the liver to rejuvenate the cellular production. Cancer studies have linked this herb with a reduction in cell division, sunscreen protection that stops skin cancer, and reduces blood flow to tumors. It is considered to be a safe herb with no side effects, but consultation with a medical doctor about the supplement is recommended (UMMC, 2011). Aspirin (325mg) is recommended by many physicians for high blood pressure control, thinning of the blood, and stroke related issues. While daily aspirin therapy can help some individuals, it can kill others or cause other health related issues like aspirin allergies, internal bleeding, and stomach ulcers. Aspirin reduces the blood's normal ability to clot and can help prevent a heart attack.

Communication with a doctor about amount and side effects is recommended prior to starting an aspirin regiment (Mayo, 2012).

Supplements as a Choice Taking supplements as a personal choice, without <https://assignbuster.com/weight-management-dietary-supplements/>

the recommendation of a physician, can have some positive effects on the body, but can also create other health issues that a person may be unaware of when starting a supplement regiment (Chandler, 2012). Allergies, over-indulgence, and excessive supplements can cause health problems that a person may not be aware of at the time they may choose to take a vitamin or mineral supplement. Not having a necessary vitamin or mineral is as bad as having too much in some cases (Chandler, 2012). No guarantees come with the vitamin or mineral supplement that is purchased over the counter, which is not prescribed by a physician. Monitoring of the side effects is usually non-existent in self-prescribed supplements. Supplements should not be used to cure, treat, or prevent any disease (Admin, 2012). Some of the supplements listed here were recommended by a doctor, while the others were included in a daily regiment through self-diagnosis.

Dietary Changes

Vitamins and minerals can be found in plants and animals that are consumed in a person's daily intake of food. An individual's food choices often dictate how much of which vitamins and minerals are present in their daily consumption and which are necessary to supplement. A person who wants to eliminate the practice of taking daily supplements can research which foods are high in the vitamins and minerals necessary for proper health and include those foods in their diet. Individuals who are vegetarians or vegans need supplements, since " B-12 is only found in animal-based foods" (Admin, 2012). Water is an essential component of healthy living and the human body needs 64 oz. of water per day or more, depending on the activity level (Black, 2012).

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(2012). Calcium, Magnesium, and Zinc Supplement Side Effects. Retrieved from http://www.ehow.com/about_5313257_calcium-zinc-supplement-side-effects.html Mayo Clinic (2012). Omega-3 Fatty Acids, Fish Oil, Alpha-Linolenic Acid. Retrieved from http://www.mayoclinic.com/health/fish-oil/NS_patient-fishoil National Institute of Health (NIH), (2012). Vitamin E. Retrieved from <http://www.nlm.nih.gov/medlineplus/ency/article/002406.htm> University of Maryland Medical Center (UMMC), (2011). Ginkgo Biloba. Retrieved from <http://www.umm.edu/altmed/articles/ginkgo-biloba-000247.htm> Do you use vitamin and mineral supplements? Discuss the benefits and consequences of each supplement. Why do you choose to use supplements? What changes would you need to make to get the vitamins and minerals from diet? How or who provided you with information on the