

# Nutritional Supplement Insights

By John Simms

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## 1). What is your opinion on taking nutritional supplements?

**Answer:** Buyer beware because supplements in the United States are not FDA approved or evaluated for their potency and effectiveness. In other words, you could be wasting your money on inferior products not to mention that safety could be an issue. Needless to say, you need to do your research and/or consult with your physician before taking nutritional supplements.

## 2). What is your opinion on supplement claims and benefits?

**Answer:** Many companies use a lot persuasion and misleading claims in their advertisements in order to sell their products to a particular audience. As for studies that supplement companies use and exploit, many of them derived from animals and test tubes and not humans.

## 3). In your opinion, is it beneficial to use nutritional supplements?

**Answer:** Yes absolutely especially if you have a nutritional deficiency. And within reason, you could even get positive results and benefits by taking supplements for athletic performance and various health issues. As for overall health and a foundational supplement, I personally take a quality multi-vitamin.

## 4). Can taking too much of a certain supplement be harmful?

**Answer:** Yes. For example, if you consume too much zinc, it can negatively affect your health.

## 5). Can nutritional supplements have drug-like effects?

**Answer:** Yes to a certain degree. For example, someone took a quality magnesium supplement in order to improve their magnesium deficiency. Thus, greatly benefited. Even stacking more than one supplement together for a synergistic effect could give someone better results than taking a single supplement alone. However, on the flip side, there has been supplements on the market that caused liver damage and even death. In all, supplement use can have positive and negative effects depending on the person and/or situation. But there are differences between supplements and pharmaceutical drugs especially when it involves testing, safety, potency, effectiveness and claims. As for the meaning of drug-like effects, it could be relative and subjective in nature.

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**6). How do you tell if you have nutritional and/or hormonal deficiencies?**

**Answer:** From an objective, scientific point of view and certainty, get your vitamins, minerals and/or hormones tested. Other than that, you could have symptoms of possible deficiency.

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