

Quality in Supplements – Is my vitamin a good one?

(the short list)

Stearate

MAGNESIUM STEARATE, STEARIC ACID, VEGETABLE STEARATE, etc.

Stearate is the signature of inferior supplements.

Stearates are “free flow agents,” designed to cut manufacturing costs.

Unfortunately, stearates also interfere with absorption of the active ingredients! They may also contribute to IBS and other bowel conditions.

B-9

FOLIC ACID vs REAL FOLATE

Folate is vitamin B-9 – essential for growth, tissue repair, mental health, red blood cell production, preventing birth defects, etc. Hundreds of real folate molecules exist in nature, especially in leafy green vegetables. (Folate = Foliage!)

Folic acid is a synthetic imitation of real folate. It never occurs in nature.

Unmetabolized folic acid gets stuck in folate receptors, blocking your body's ability to use real folate.

Public health has conflated folic acid with real folate. They're not the same!

People with perfect genetics can metabolize a little folic acid into real folate – not more than 400 mcg of folic acid per day. Unmetabolized folic acid is a probable carcinogen.

Approximately 40-60% of the population has a genetic defect for metabolizing folate. Those individuals cannot metabolize even 400mcg.

Real folate will be labeled as folinic acid or methyl folate (L-5MTHF).

Discard any vitamins (or “enriched” foods) containing folic acid.

B-12

VITAMIN B12 (Cobalamin)

Four forms of B12 exist: Cyano-B12, Methyl-B12, Hydroxo-B12, and Adeno-B12.

Cyano-B12 literally contains cyanide. Cyanide creates body burden in two ways – our bodies have to excrete the cyanide, *and* we have to transform the cobalamin into a bioactive form.

Methyl-B12, Hydroxo-B12, and Adeno-B12 are all useful forms.

(aka Methylcobalamin, Hydroxocobalamin, or Adenosylcobalamin)

Discard any vitamins containing Cyano-B12 (aka Cyananocobalamin) or an unspecified form of B12.

This is a good “short list” for evaluating quality. Certain supplements (Omega-3, Co-Q-10, and Vitamins A, D, E, and K) require additional criteria to make the cut. You are welcome to bring in supplements for a “quality audit.”

I would also love to help you identify which supplements might meet your needs, based on your health goals and your lab results.

MY PROMISE

I will always provide vitamins and supplements free of stearates, and containing only bioactive forms of B-vitamins.

I stand for quality because I care about your health & wellness!

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