

## Chapter 1 : The Good and Bad of Iron | Berkeley Wellness

*Dietary supplements include such ingredients as vitamins, minerals, herbs, amino acids, and enzymes. Dietary supplements are marketed in forms such as tablets, capsules, softgels, gels, powders.*

Probiotics are a big and rapidly growing business and are now among the most popular dietary supplements. The organisms themselves are also called probiotics. They are promoted to improve digestion, strengthen immunity, help in weight loss and even protect against periodontal disease, among other proposed benefits, as well as for general health. Will the friendly bacteria in these supplements and foods keep you healthy? There are many general types of bacteria used as probiotics two common ones are Lactobacillus and Bifidobacterium, and many different species as well as strains within species. They have different physiological effects and thus possibly different health benefits as well as possible risks. Some yeasts, such as Saccharomyces, can also act as probiotics. Probiotic products may contain a single strain or many strains, and the number of organisms in a daily dose can range from 1 billion to more than billion. Fortunately, most are neutral or even beneficial, performing many vital body functions. But will consuming them as probiotics in foods or capsules make a notable difference to your health especially if you are already healthy? The best evidence for probiotics is for reducing diarrhea, especially following antibiotic use. A review from the Cochrane Collaboration concluded that probiotics shorten episodes of acute infectious diarrhea. And in a Health Canada monograph stated that products containing certain probiotics such as Lactobacillus rhamnosus GG help manage acute infectious diarrhea and antibiotic-associated diarrhea. A research review in the Journal of the American Medical Association JAMA found that probiotics reduced the risk of antibiotic-associated diarrhea by 42 percent but many of the studies had flaws, so these findings should be interpreted with caution. A Cochrane review of 23 trials also concluded that probiotics may be effective for preventing antibiotic-related diarrhea. However, two large, well-designed studies, in the Lancet in and the Annals of Internal Medicine in, found that probiotics were no better than a placebo in preventing diarrhea in older people taking antibiotics. A review of 19 studies, published in Gastroenterology in, found that probiotics reduce the risk of Clostridium difficile-related diarrhea in hospital patients, especially when the supplements were started during the first two days of antibiotic treatment. A small Israeli study in the journal Cell in found that a probiotic supplement 11 strains, including Lactobacillus and Bifidobacterium taken after a course of antibiotics actually delayed the restoration of normal bacteria balance in the gut for as long as five months. A systematic review of 14 clinical trials, published in the American Journal of Clinical Nutrition in, found that certain strains of probiotics Bifidobacterium lactis, in particular can help with constipation. Overall, they improve gut transit time, stool frequency, and stool consistency. Some studies suggest that certain probiotic strains may also help in mild to moderate ulcerative colitis and possibly for bloating and gas in irritable bowel syndrome IBS. Several studies, including one in the British Journal of Nutrition, have found that certain probiotic strains boost measures of immune response but whether this translates into any clinical benefits is uncertain. Studies have been inconsistent, for example, as to whether probiotics will actually curb colds and other upper respiratory infections. In a review in the British Journal of Nutrition, which looked at 20 clinical trials, linked probiotics to shorter duration of colds, but not necessarily reduced incidence or severity. Similarly, a Cochrane review of 12 clinical trials concluded that certain probiotics may help prevent or shorten such infections, though the quality of the studies was poor. In, a review and meta-analysis of 15 clinical trials, published in Age and Ageing, concluded that probiotic supplements do not reduce the risk of infections in older people compared to a placebo. No safety problems were detected. The studies were judged to be of low-quality. An increasing number of probiotic lozenges and gums are promoted for oral health to reduce periodontal disease, throat infections, and bad breath, for example. A review of nine clinical trials, in the journal Hypertension in, concluded that probiotics can lower blood pressure modestly, with greater effects seen with higher blood pressure, use of multiple species, longer daily use, and higher doses. Good evidence to

## DOWNLOAD PDF DIETARY SUPPLEMENTS WHATS GOOD AND WHATS BAD

support these claims is lacking. Research on probiotics for weight loss has yielded inconsistent results, and even studies with positive results have mostly found very small benefits, as was seen in an analysis of 15 clinical trials in *Obesity Reviews* in . Until recently, testing of probiotics by ConsumerLab. But in , it found that 17 out of 18 products tested contained the amounts listed; none exceeded limits for heavy metal contaminants. In contrast, in , a study in *Pediatric Research* found that only one out of 16 *Bifidobacterium longum* supplements tested contained the species named on the label.

# DOWNLOAD PDF DIETARY SUPPLEMENTS WHATS GOOD AND WHATS BAD

## Chapter 2 : Diet and supplements: What's good and bad for kidney disease patients

*Dietary supplements are products intended to supplement the diet. They are not drugs and, therefore, are not intended to treat, diagnose, mitigate, prevent, or cure diseases. The FDA is the federal agency that oversees both dietary supplements and medicines.*

Send this info to a friend To: Check this box if you wish to have a copy mailed to you. See our privacy policy.

September We Americans do love our dietary supplements. More than half of the adult population have taken them to stay healthy, lose weight, gain an edge in sports or in the bedroom, and avoid using prescription drugs. What consumers might not realize, though, is that supplement manufacturers routinely, and legally, sell their products without first having to demonstrate that they are safe and effective. As a result, the supplement marketplace is not as safe as it should be. We found products with those ingredients readily available in stores and online. Because of inadequate quality control and inspection, supplements contaminated with heavy metals, pesticides, or prescription drugs have been sold to unsuspecting consumers. China, which has repeatedly been caught exporting contaminated products, is a major supplier of raw supplement ingredients. The FDA has yet to inspect a single factory there. He started taking a supplement called Total Body Formula to improve his general health. But instead, he says, beginning in February, he experienced one symptom after another: Most of the samples contained more than times the labeled amount of selenium and up to 17 times the recommended intake of chromium, according to the FDA. In March the distributor voluntarily recalled the products involved. Coolidge is suing multiple companies for compensatory damages; they have denied the claims in court papers. His nails and hair have grown back, but he said he still suffers from serious breathing problems. The dirty dozen Working with experts from the Natural Medicines Comprehensive Database, an independent research group, we identified a group of ingredients out of nearly 1, in the database linked to serious adverse events by clinical research or case reports. To come up with our dozen finalists, we also considered factors such as whether the ingredients were effective for their purported uses and how readily available they were to consumers. We then shopped for them online and in stores near our Yonkers, N. The dozen are aconite, bitter orange, chaparral, colloidal silver, coltsfoot, comfrey, country mallow, germanium, greater celandine, kava, lobelia, and yohimbe. The FDA has warned about at least eight of them, some as long ago as Why are they still for sale? Two national retailers we contacted about specific supplements said they carried them because the FDA has not banned them. The agency has "the authority to immediately remove them from the market, and we would follow the FDA recommendation," said a spokeswoman for the Vitamin Shoppe chain. Most of the products we bought had warning labels, but not all did. A bottle of silver we purchased was labeled "perfectly safe," with an asterisked note that said the FDA had not evaluated the claim. In fact, the FDA issued a consumer advisory about silver including colloidal silver in, with good reason: Sold for its supposed immune system "support," it can permanently turn skin bluish-gray. Janis Dowd, 56, of Bartlesville, Okla. To date, it has banned only one ingredient, ephedrine alkaloids. That effort dragged on for a decade, during which ephedra weight-loss products were implicated in thousands of adverse events, including deaths. Instead of attempting any more outright bans, the agency issued warnings, detained imported products, and asked companies to recall products it considered unsafe. No scientific backup required Of the more than 54, dietary supplement products in the Natural Medicines Comprehensive Database, only about a third have some level of safety and effectiveness that is supported by scientific evidence, according to a review by NMCD experts. And close to 12 percent have been linked to safety concerns or problems with product quality. Consider the path to market of Go Away Gray, a product that is claimed to "help stop your hair from turning gray. Nor did it conduct any clinical trials of the supplement, which includes a natural enzyme called catalase, before putting it on sale. Beggan pointed us to a study by European researchers published in the July issue of the Federation of American Societies for Experimental Biology Journal. The study found that gray hair had lower-than-normal levels of catalase but did not prove that taking that enzyme by mouth would stop hair from

## DOWNLOAD PDF DIETARY SUPPLEMENTS WHATS GOOD AND WHATS BAD

turning gray. Within weeks he was stricken with acute hepatitis and jaundice. He is suing the manufacturer and others. An attorney representing the defendants said they intended to contest the claims. The FDA had received its first adverse-event report about Hydroxycut in , long before Parke started taking it. The FDA said that Hydroxycut presented "a severe, potentially life-threatening hazard to some users" and had been linked to two reported deaths. Hydroxycut has been reformulated and is on the market again. An FDA representative told us the agency considers the new version acceptable. A law that took effect in December closed that loophole, and in and the FDA said it received 1, reports of serious adverse effects from manufacturers and from consumers and health professionals. But in the past two years, the Federal Trade Commission has filed or settled 30 cases against supplement marketers, charging that they made exactly those kinds of claims. And the FDA has recently taken legal action against a few supplement manufacturers that claimed their products could prevent or treat a disease. Undercover investigators from the Government Accountability Office, posing as elderly consumers, caught salespeople on tape dispensing potentially harmful medical advice. In one case, a salesperson told an investigator that a garlic supplement could be taken in lieu of high blood pressure medicine. But much more needs to be done to keep consumers safe. In the meantime, here are steps you can take to make sure the supplements you use are safe and beneficial. Consult your doctor or pharmacist. And some supplements might be fine on their own but interact with certain prescription drugs. Beware of these categories. Supplements for weight loss, sexual enhancement, and bodybuilding have been problematic, the FDA said, because some contain steroids and prescription drugs. Lose weight through diet and exercise, get fit through training, and consult your doctor if you need help in the bedroom. Look for the "USP Verified" mark. It indicates that the supplement manufacturer has voluntarily asked U. Pharmacopeia, a trusted nonprofit, private standards-setting authority, to verify the quality, purity, and potency of its raw ingredients or finished products. USP maintains a list of verified products on its website. Avoid any product that is claimed to contain "megadoses. Let your doctor know if you experience any symptoms after you start taking a supplement. And if you end up with a serious side effect, ask your doctor or pharmacist to report it to the FDA, or do it yourself at [www.fda.gov](http://www.fda.gov). Research in the right places. Be skeptical about claims made for supplements in ads, on TV, and by sales staff. If a claim sounds too good to be true, it probably is. Instead, try these sources:

## Chapter 3 : Are Dietary Supplements Dangerous? - Consumer Reports

*"Supplements can enhance a diet where there are shortfalls, but a handful of vitamin, mineral or other dietary supplements can never take the place of a healthy diet," says David Grotto, RD, a.*

Share on Pinterest Fiber is important for healthy digestion, and diets that are high in fiber are linked to improved heart health. Food sources high in fiber include split peas, lentils, black beans, lima beans, artichokes, and raspberries. Department of Agriculture recommends adults consume between 25 grams women and 30 grams men a day from food, but the average intake by adults in the United States is only about half of that. Short-term relief from constipation and bowel irregularity are common reasons people use fiber supplements. Dietary fiber supplements are also used in weight management because it helps people feel fuller longer, which is important in weight management. Whether you increase your fiber intake using a supplement or by eating a higher fiber diet, be sure to increase your fluid intake as you increase your fiber. Fluid is required to help push fiber through the digestive tract, and too little water with more fiber could worsen constipation.

**The Types of Fiber** There are two kinds of fiber: Soluble fiber absorbs the water in your food, which slows down digestion. Slowing digestion can help regulate blood sugar. You can find it in oatmeal, flax seed, barley, dried peas, oranges, apples, and carrots. Insoluble fiber adds bulk to the stool, which helps move it through your digestive system quickly, and relieves constipation. You can find it in seeds, nuts, dark green leafy vegetables, and wheat bran. This is important, as these digestive bacteria play a major role in how well you absorb nutrients and even produce hormones related to anxiety and appetite. Inulin can be found in chewable capsule form as Fiber Choice, which is percent soluble fiber. Inulin helps maintain gut bacteria.

**Fiber Content of Fiber Choice Capsules:** Methylcellulose Citrucel Another common soluble fiber is methylcellulose, which is made from cellulose, an important structure in plants. Methylcellulose is most commonly found on the shelves in products like Citrucel with SmartFiber, which is percent soluble fiber and found in powder form. Less likely than psyllium to cause bloating and gas. Psyllium Metamucil Psyllium, which is also called ispaghula, is made from the seed husks of the plantago ovata plant. Psyllium contains 70 percent soluble fiber, which means it can help increase fullness and slow digestion. It also contains some insoluble fiber, so it passes through the gut relatively intact, providing bulk and helping to keep you regular.

**Fiber Content of Metamucil Fiber Capsules:** Wheat Dextrin Benefiber Wheat dextrin, most commonly sold under the brand name Benefiber, is a manufacturing byproduct of the wheat plant. Like most soluble fibers, it also helps regulate your digestion and stabilize blood sugar. It also contains less than 20 ppm of gluten, so it meets the requirements to be labeled gluten-free.

**Fiber Content of Benefiber Powders:** Before You Begin Taking Supplements Increasing your dietary intake of fiber is generally considered safe for most people, but if you are experiencing gastrointestinal problems besides occasional constipation, you should discuss fiber supplements with your doctor first.

# DOWNLOAD PDF DIETARY SUPPLEMENTS WHATS GOOD AND WHATS BAD

## Chapter 4 : | The 12 Most Dangerous Supplements – What to avoid and what’s worth trying instead!

*While an estimated % of participants reported taking any dietary supplement, the supplement was potentially harmful among %. Use of supplements was not statistically different by CKD severity.*

Print Many people worry about getting too little iron—for good reason. Iron, after all, is essential to life. Most iron in our bodies is incorporated in hemoglobin, which carries oxygen in the blood, and in myoglobin in muscle, but every living cell has and needs iron to function. Iron is also stored in the liver, spleen and bone marrow. In fact, too much iron can be dangerous. Ironing out the facts Survival of the species depended on humans evolving to maintain iron stores during reproductive and early care-giving years. Having enough iron in reserve is essential for growth, healthy pregnancies, and periods of dietary restrictions and starvation, and it helps replace iron lost via menstruation and other blood loss. But the flip side of iron is less rosy. The body has natural antioxidant protective mechanisms that help fend off free radicals, but they are not percent effective, especially during times of stress. Over the course of normal aging, the damage accumulates. A review paper published in Diabetes Care a few years ago noted a link between higher iron and diabetes, as well as improvements in blood sugar control when iron stores are reduced, such as through blood donation. Another paper, from Indiana University in , noted that excess iron has been linked to many conditions, including colorectal cancer, hypertension and stroke. Of course, associations between higher iron levels and disease do not prove cause and effect. In fact, results of studies have been mixed. A Finnish study from , for example, found that men with higher ferritin the main iron storage protein were twice as likely to have a heart attack as men with lower levels, but more recent studies have failed to confirm this. Still, some experts recommend that older people avoid supplemental iron. The no-iron list People with hemochromatosis, in particular, should avoid excess iron. This hereditary disorder, which affects more than one million Americans mostly of northern European descent , causes overabsorption and storage of iron. Get tested for hemochromatosis if you have a family history of it or develop symptoms that may be related to it. A simple blood test helps diagnose it. Many doctors recommend routine screening for hemochromatosis in middle age, especially for Caucasians. If you have the disorder, you must limit consumption of iron, especially heme iron the kind found in meat , and avoid supplements. Donating blood regularly is commonly recommended. About 10 to 15 percent of Americans carry only one gene for hemochromatosis two genes, one from each parent, are needed to develop the full-blown disorder and may accumulate slightly higher-than-average stores of iron. Other genes besides those involved in hemochromatosis can also result in iron overload. Data from the large Framingham study suggest that the low risk of heart disease among premenopausal women may not be due to hormones alone. It may also be attributable to menstruation and thus the monthly loss of iron. After menopause, when menstruation stops, women begin to catch up to men in heart disease risk. This suggests that higher iron stores may be a factor in the increasing rates of heart disease seen in postmenopausal women. Do You Need More Iron?

## Chapter 5 : # Whats The Benefits Of Garcinia Cambogia #

*Continued "All of those are valid reasons for trying to get more protein into your diet, and protein powders are one way to do that," says Lewin.*

## Chapter 6 : Dietary Supplements: MedlinePlus

*Dietary supplements do not treat, cure or prevent any disease. Always seek the advice of a medical professional before adding a dietary supplement to (or removing one from) your daily regimen. WholeFoods Magazine does not endorse any specific brand or product.*

# DOWNLOAD PDF DIETARY SUPPLEMENTS WHATS GOOD AND WHATS BAD

## Chapter 7 : # Whats A Good Natural Detox #

*We Americans do love our dietary supplements. More than half of the adult population have taken them to stay healthy, lose weight, gain an edge in sports or in the bedroom, and avoid using.*

## Chapter 8 : Probiotics: Pros and Cons | Berkeley Wellness

*Whats a good dietary supplement? that i could buy under the age of 18, and dont think im like a little 10 year old, im 16 and im responsible with things like this i eat healthy and i exercise i just need something to get me off my feet:) thanx and please dont lecture me just give me a true answer straight up.*

## Chapter 9 : Whats a good dietary supplement? | Yahoo Answers

*Whats Bad About Garcinia Cambogia What Does Forskolin Dietary Supplement Do Best Forskolin Brand Pure Forskolin Supplement como se toma garcinia cambogia There are many methods of pounds reduction and just as most writings giving "how to" advice.*