

The Benefit of Vitamins

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Everywhere I look, I see more and more vitamin benefits being touted by company after company. We all know we need vitamins, but we don't think about getting them from our foods. For some reason, we would rather pop a vitamin pill in the morning and then eat junk all day. This bothers me, and I know that I am one of those people, well, at least I used to be. I have begun to realize that the vitamin benefits I need can come from what I eat each day, and that eating these foods makes me feel better than any pill ever has.

There are great vitamin benefits, and without them, you can become sick and weak. There are diseases that can occur from a simple vitamin deficiency. That sounds scary, but that does not mean you have to run out and buy a vitamin supplement to remain healthy. They can help you when you know you aren't doing all you can do to eat better, but there can be problems if you take too much. If you really want vitamin benefits, and think you need the help of a supplement, you should talk to your doctor first

I recently did a series of articles about vitamin benefits, and I was surprised to see what can happen if you take too much or if you are not getting enough. It would almost seem like it is too hard to get right in the middle, but it is easier than you might think. As long as you eat balanced and healthy meals, you are going to get what you need. If you think there is a problem, you can't decide on your own that you need extra vitamin D or B. You should make sure you find your vitamin information from the very best source in the world: your doctor.

You might go into a store like GNC and be assaulted with information about the vitamin benefits that you are missing. You should know that you probably aren't. It's just like Gatorade. I can't stand the stuff, but it was not made for me. There are great vitamin benefits that can come from things like this, and Gatorade is made to rehydrate, but rarely does the average person get so dehydrated that they need this. Water would work just fine. Athletes and those with very labor-intensive jobs are the ones who should be drinking it. They might also get more vitamin benefits from a supplement. You might just be wasting your money.

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