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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Choose at least four
different coloured
vegetables each day to
soak up a range of
different nutrients!



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**Corporate
Bodies
International**

This fortnight's healthy topic...

Facts on Food: Vitamin and Mineral Supplementation



Many of us want to make sure we are getting the right nutrients to stay healthy. Often we hear about the latest vitamin and mineral supplements that claim to keep us in peak performance or prevent us from chronic disease... But are they for everyone?

What are vitamins and minerals?

Vitamins and minerals are organic compounds found in foods. We all require small amounts every day. A healthy adult can easily meet all of their vitamin and mineral needs by eating a healthy balanced diet.

Certain people may need to take supplements when they cannot receive enough vitamins and minerals from their diet alone. This may include pregnant and lactating women, people with certain food allergies or malabsorption conditions, and the elderly.

What about the rest of us?

Research has shown that the vitamins and minerals we get from foods work much better than those in tablet form. Natural foods also contain phytochemicals (plant chemicals) that protect us from some cancers and heart disease. This means that supplements can't replace a healthy diet!

Things to remember...

- Supplements can become poisons if taken in high doses
- Feeling tired, stressed or run down is usually not due to a vitamin or mineral deficiency

Try to consider supplements as a short-term measure. As each type of food contains different nutrients, enjoying a wide variety of foods each day allows you to get all of the vitamins and minerals you need in the long term!

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**