

COMPARATIVE GUIDE TO NUTRITIONAL SUPPLEMENTS

OVER
500
NUTRITIONALS
COMPARED

A Compendium of over
500 products available
in the United States & Canada



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Comparative Guide to Nutritional Supplements



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This guide seeks to educate consumers about the science and value of nutritional supplementation, also to provide them with a simple, reliable tool with which to compare nutritional products. For individuals who wish to explore the research of advanced nourishment, we invite you to "dive in. The remarkable defensive powers of the endogenous and nutritional antioxidants and their function in mitigating the aging process are examined. Section IV: Graphical Comparisons In Section IV, selected items from companies throughout the USA and Canada are graphically compared to the Blended Regular benchmark." Section III: How the Comparisons were Made Section III provides further explanation of the ultimate Product Score and introduces the Blended Regular, a nutritional benchmark we have created based on the independent recommendations of seven scientific authorities. Creation of the ultimate Product Score, based on these fourteen criteria, offers been an evolutionary process. With each edition of this comparative guide, we've built on previous analysis as recently published scientific results have become available. The effect provides been the creation of a robust analytical model, based on the scientific literature and the independent recommendations of our seven cited authorities. In each one of the chapters of Section II, the reader is presented to one of the fourteen requirements and the scientific evidence supporting its use. For those who find the reading a little technical, we refer you to the highlighted text message. Section I: Aging, Oxidative Tension and Degenerative Disease Section I of this instruction discusses the theories of maturing and the elaborate links between maturing, oxidative tension and degenerative disease. Section II: Requirements for Advanced Supplementation Section II evaluations the substantial scientific proof used in developing the fourteen analytical requirements imbedded in the product-rating methodology used in this comparative guideline. The Final Product Score is described in detail in Chapter 17. These are products of excellent standing up and merit your severe attention as a consumer. A brief biographical background of every of the seven authorities and their specific tips for optimal daily nutritional intake is also provided. This fourteen-point rating is the heart of our comparative evaluation; it provides a rigorous quantitative evaluation and relative ranking of all products, based on the Blended Standard benchmark. (Some companies have more than one item represented, if indeed they market in Out of this list, the top six items are profiled. The use of the Blended Regular, as a benchmark for optimal nutrition and the building blocks for the Final Product Rating, is featured. Included is a brief profile of each company, with contact information, company background and general information. Points of interest on product formulations, including a breakout of the individual product criteria rankings and info on manufacturing processes (if available), can be supplied. Five degenerative disease procedures are highlighted, including recent scientific proof supporting the usage of nutritional supplementation as a preventive measure. With each graph, we've provided the Final Product Score for that product, illustrated as both a share position and a five-star rating. This allows easy evaluation of relative product ratings. On paper this comparative guidebook, over 1,000 American and Canadian nutritional items were initially examined. Over five hundred qualifying products, representing the best in the line-up of more than 210 businesses, were further evaluated, and their particular nutrient contents were compared to the selected nutritional standards. Two hundred and thirty-two (232) finalists,

representing the top-rated item(s) from each producer, were then chosen and compared graphically. Section III also provides a summary of the 25 top-rated products, listed according to Last Product Score.



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information you can't look for anywhere else Lyle McWilliam will the world (certainly THE UNITED STATES) a service with this publication by discussing multi-vitamins and multi-minerals in detail, creating a obvious and easy to understand grading system and grading every product he will get his hands on. Obviously in English in the add.I really do come across that his debate of Olivol, an extract from olives with an activity patented by Usana Incorporated AND including it in his grading requirements will bias him towards the Usana line of products. I still think it is a quibble outrageous several, which are excellent products. It explains: free radicals, antioxidants, oxidative tension, how to choose a supplement and provides you their rankings! It arrived and it had been in Spanish!Other interesting information includes which vitamins can be taken to excess and those can't (extra fat soluble versus water soluble vitamins). Nothing at all mentioned about that no receipt or contact number. Four Stars satisfied purchase of a used product It's very specific to Lyle MacWilliam's rating system, but I assume it's okay I don't know if it had been the Poultry or the Egg, which came first? Was the reserve created, to be able to tout certain products. An Eye Opener This is a great book chocked full of very valuable information regarding supplements and what they do for the body. This is actually the book I got! If you work in the natural healthcare field as I do, you'll find the info about supplements very useful as well. A must for regular reference in your home library. Wrong book! I ordered the 3rd edition nonetheless it may be the 4th edition! Three Stars Not as much information as I thought it would contain.What would shock a lot of people is that the common ones found in food markets and drug shops are just not worth taking. Recommend it! Or did specific manufacturers, want someone to think of a "systematic review" to be able to tout their products? It also really opened my eye to the supplement market pertaining to the standard of their products. Companies that I thought produced good products in fact don't. I usually wondered why the supplements I required didn't make much difference in the way I felt, right now I understand why, their junk. I tried among the best products this reserve recommends and holy cow, it is the only item that I've ever taken that I feel a difference everyday, it's astounding. how to rate the potency of the myriad way to obtain supplements, and the trustworthiness of the companies that provide them. Comparative Guide to NATURAL SUPPLEMENTS Excellent explanations of body processes and vitamin involvement. However, the rating system for companies that produce vitamins and their items wasn't very useful. I was unable to find these products in supplement shops and am reluctant to get online because returns are more difficult. Five Stars Very informational and great reference book. Love the Updated 3rd Edition Great comparison of several products. This exceeded my objectives! Comparative Guide to Nutritional Supplements This book is great! Comparative Guide to NATURAL SUPPLEMENTS An important guide for the mysterious world of nutritional supplements, & NO!!! Additionally it is the case that most doctors don't have a clue in what constitutes good nourishment and they could advantage immensely from reading this book!Overall an excellent book.His explanations of vitamin supplements and how they work and the various studies and understanding of the aging process are excellent and well worth reading for anyone worried about their health.



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