Vitamins For A Healthy Heart - Artikel Bahasa Inggris

As we all know, vitamins are very important when it comes to keeping your heart healthy. You need to eat the right foods of course, although you also need to supplement the food you eat with the necessary vitamins your body needs to stay in shape and keep your heart working healthy for a long time to come. If you dont consume the right nutrients, you wont be doing your heart any favors - and may end up having problems later on in life.

The first vitamin that comes to mind for most people is vitamin E, a vitamin that is essential to improving the overall health of your heart. When taken correctly, vitamin E will stop the cholesterol in the body from harming the arteries that surround the heart. Anytime cholesterol oxidizes, it sticks to the sides of the arteries and can lead to blockages which can cause heart attacks or other serious problems with the heart.

To help you keep your heart healthy, most doctors recommend that you take additional supplements that contain vitamin E. They may also suggest that you eat foods that are naturally rich in vitamin E, such as nuts. Nuts have high amounts of vitamin E, and most of them taste great. You can find other foods that contain vitamin E as well, although nuts have the highest amounts.

In the past, research has shown Vitamin E to help those who have already suffered the wrath of a heart attack. This vitamin helps to prevent heart attacks in the future by opening up the arteries and eliminate blockage. Those who have had a heart attack in the past are always encouraged to add more vitamin E to their diet.

What many arent aware of, is the fact that you can use vitamin C to boost the effects of vitamin E. Vitamin C is known as an antioxidant, which prevents the damaging effects that cholesterol has on the body. Along with preventing cholesterol from damaging the body, vitamin C also helps vitamin E with its functions - such as protecting your arteries and your heart.

By taking both vitamin C and E as a combination, youll be well on your way to a healthier heart. Overall, this is the easiest way that you can be sure you arent damaging your heart, especially if you have had a heart attack in the past. If you have a history of heart disease or heart problems in your family, these vitamins are essential to your diet. Even if you are just concerned about the health of your heart, these vitamins will give you the peace of mind in knowing that you are eating for a healthy heart.

As far as your dosage goes, it will vary from person to person, although 400 international units of vitamin E and C are the recommended amounts for most people. On its own, vitamin C can be tolerated in large doses, without imposing any harmful effects. You can take around 500 mg of it twice a day, and ensure that your heart remains healthy.

To be on the safe side, you should always make sure that you get the proper amount of vitamins in your daily diet. Taking additional vitamins and supplements isnt a bad idea either, especially if you are trying to boost the health of your heart. Your heart is one of the most important organs in your body, which is why you should always take care of it. If you eat the proper diet and take the necessary vitamins - youll be well on your way to keeping your heart healthy.

I began taking astaxanthin over 10 years ago. I played a lot of tennis and I had developed a case of tennis elbow. I started taking the astaxanthin and the symptoms disappeared within about a week.

I continued to use astaxanthin because I also like to spend time in the sun and astaxanthin helps to protect your skin from UV damage and photo aging and you can stay in the sun longer with a reduced risk of sun burn - even fair skinned people can stay in the sun longer with less risk of getting a sun burn.

Anti Aging - Skin Health:

Astaxanthin helps to reduce fine wrinkles and improves the elasticity of your skin and helps to increase the moisture in your skin. Astaxanthin also helps to reduce age spots. So you can see that astaxanthin is a super supplement for its anti aging health benefits.

What is Astaxanthin

Astaxanthin is a marine algae. It is what salmon and pink flamingos feed on that gives them their color. It is in the carotenoid family. It is a very powerful antioxidant that helps to destroy free radicals.

In fact, it is several times more powerful than vitamin c, vitamin e and CoQ10. It is also about 500 times more powerful than the catechins in green tea.

Astaxanthin is absorbed into your cells and tissue throughout your entire body, unlike most other antioxidants that only benefit certain bodily functions or organs.

Brain Health:

Astaxanthin can cross the blood brain barrier, so it helps to protect your brain neurons and reduces the risk of brain diseases such as dementia and Alzheimers.

Eye Health:Astaxanthin can cross the blood retinal barrier, so it helps to:reduce UV damage to the eyes,eye fatigue,age related macular degeneration,cataracts,high eye pressure that can lead to glaucoma or eventual blindness.

Joint Health:And as I already touched on, astaxanthin really helps to improve joint health, by reducing inflammation and pain caused by free radicals and protecting your joints.Astaxanthin strengthens your over all immunity so you are better able to resist disease and illness.Astaxanthin is fat soluble and best absorbed with healthy fats.Dosage: Take 4 mgs daily for skin health and up to 12 mgs daily for joint health.

How long before you see resultsIt can take anywhere from 2-6 weeks to see results depending on the person. There are some people who have trouble absorbing carotenoids, and so for those people, astaxanthin will be less effective.

With good supplementation like astaxanthin, along with eliminating sugar and processed foods and eating a healthy diet, you can live a healthier, more active lifestyle.

Our mission is to provide significant value in Health Care, Medical and Healthy Products and Lifestyle benefits and to equip and inspire people with an abundance and balance of health, nutrition, fitness, personal development and spiritual resources for the wellness and transformation of the Whole person.

Do you go to the gym on a regular basis? Do you have an office job? No matter what type of work you do, you need energy to keep yourself going. Although diet and exercise carry a lot of weight, taking energy supplements is a great way of getting an energy boost in a natural manner. Lets go through some amazing benefits of supplements.

Benefits of energy supplements

First of all, it should be kept in mind that energy supplements have a great impact on your energy levels. For instance, they can help you boost your lifestyle. Given below are some of the major benefits that you can enjoy if you take these supplements on a regular basis.

They are healthier

Compared to the classic energy boosters, energy supplements are lot healthier. Most people opt for coffee to get the required energy boost. While coffee may help you improve your focus, the results dont last longer and you may feel uncomfortable. At times, you may even experience unpleasant crashes.

Apart from these, these drinks are rich in sugar and lots of other additives that you may not want in your diet. On the other hand, energy supplements are a great source of sustained energy that is good for your overall health.

Nutrients alternatives

These products can provide your body with essential nutrients that you cant get in your diet. According to experts, most of these supplements are loaded with nutrients and vitamins that can be found in natural foods as well. The good news is that these nutrients are part of most supplements that are sold in the market nowadays.

If you are a vegan or vegetarian, you may benefit greatly from the extra nutrients since you can only eat specific foods. Most people who dont eat dairy products or meat may not get enough vitamins like Vitamin B12. In order to meet this deficiency, they can opt for some good energy supplements.

Anxiety and stress

These products can help you deal with stress and anxiety. In todays world, stress and anxiety have become one of the most common psychological problems. If you are suffering from stress, we suggest that you try out some energy supplements. A special compound called pantothenic acid is found in the products that can help you reduce your stress, fatigue and tiredness.

Overall health

If you are looking for something to improve your general health, you should give a go to energy supplements. These products contain different types of compounds that can help you boost your overall health in an efficient manner. For instance, Folic acid may help you prevent negatives modifications in your DNA. As a result, your chances of getting cancer are reduced significantly. In the same way, niacin may help you improve our heart health in addition to reduce your cholesterol levels. Moreover, thiamine makes your heart, nervous system and muscles a lot stronger.

Of course, there are new services on the market today. A few of these seem to be very worthwhile. Some have rightfully acquired good reputations and quite a few loyal clients. A very few of these have all of their indicators going in the right directions; popularity, growth and client loyalty. Many users of these products boast immediate results. Within the field, however, one of the most outstanding multivitamins is Anavite Multivitamin by Gaspari Nutrition.

The leader and driving force behind this growing product is the energy it provides. Now you may feel that most products that promote Nitric Oxide will say, but Anavites results are undeniable.

What Anavite Multivitamin by Gaspari Nutrition provides to its increasing client base is the alertness and drive to not only power through a workout, but also through the day. To do this, Anavite Multivitamin is packed with plenty of essential nutrients and B vitamins, as well as beta alanine and l-carnitine.

Users of multivitamins expect to feel a difference in their overall energy levels. Some particularly for the gym, while others may feel theyre not getting enough from their food. This multivitamin gets rave reviews because it gets straight to point. Users can literally feel "tingling" and energy. An overview of this product will give you an idea of why Anavite Multivitamin by Gaspari is becoming the preferred multivitamin.

Product Overview: What Is Anavite Multivitamin by Gaspari Nutrition, and What Exactly Is In It?

Anavite is offering some very unique features that give their clients an edge and make it worthwhile considering them. The most impressive edge over other competitors, undoubtedly, is the beta alanine and l-carnitine it provides. These two components not only support the anti-oxidation systems, but also activates the right processes in your body to support performance and recovery. Beta alanine is the ingredient responsible for the tingling sensation mentioned earlier that some users experience.

Some users prefer more of a boost in alertness, which Anavite also provides. Aside from the normal functions of essential nutrients, the nutrients in Anavite Multivitamin give us what we pay for. If constant, steady energy is what youre seeking, Anavite Multivitamin by Gaspari Nutrition literally has the ingredients for it.

Gaspari Nutrition has always been a consumer favorite, and rightfully so. They continue to deliver with each product they make, keeping their and health customers in mind. In saying that, expect another excellent product with Anavite Multivitamin.

Allow me to elaborate a bit on the subject of each one of these features, along with other ingredients found in it.

Whats In It:

Beta alanine- A naturally occurring amino acid. Some evidence indicate beta alanine may improve athletic performance by dilating the blood vessels and allowing for more oxygen to circulate through the body. Of course, more oxygen flowing through your blood means better cell and tissue repair. The only negative that users report regarding beta alanine is that it gives them a tingling sensation throughout their body.

L-carnitine- Largely found in red meat, is an amino acid that aids in fatty acid digestion. It is a key element for the body to build proteins.

Thiamin (Vitamin B1)- A vitamin associated with neurological and cardiovascular functions.

Riboflavin (Vitamin B2)- A vitamin associated with iron, which has a role in preventing cell atrophy.

Vitamin B6- A vitamin associated with a slew of functions, including amino acid, lipid and glucose metabolism, all essential for performance and recovery. Other functions of B6 include hemoglobin synthesis and gene expression.

Cobalamin (Vitamin B12)- A water-soluble vitamin that has a key role in the brain and nervous system. Its also a key contributor in cell, fatty acid and amino acid metabolism, as well as DNA synthesis. Cell metabolism and regeneration is critical muscle growth and recovery.

Pantothenic Acid (Vitamin B5)- A water-soluble vitamin and essential nutrient that we need to synthesize Coenzyme A (CoA). More importantly for athletes, it plays a major role in protein, carbohydrate, and fat metabolism.

Product Review:

With many other multivitamins available, its often going against the grain to try a different product. However, allow me to elaborate on what makes the Anavite Multivitamin stand out among the others.

Effectiveness- Because of the beta alanine in the product, expect to feel a tingling sensation. Its not necessarily a "rush." It is, however, a noticeable spike in overall alertness and energy.

Overall Quality- Given the noticeable energy levels throughout the day after consumption as well as it being an extremely fair price for the dosage ratio, its easy to say Anavite Multivitamin is excellent quality. Like any other supplement, however, its effects become less noticeable as you use it more. Keep in mind that this does not mean the product stops working.

Taste/Mixability- Truth: Its a little tough. But then again, what vitamin supplement isnt? The tablets are small and easy to swallow. Be sure to have something around to chase it with.

Value For Money- As alluded to earlier, this is where Anavite Multivitamin shines. For about $29 per 180-tablet bottle, Anavite is an excellent deal. With all of the essential vitamins it contains for optimal performance and recovery, the price you pay for this product is well worth what youll get.

Final Verdict

Anavite Multivitamin by Gaspari Nutrition is an excellent product. It provides the sustained energy needed for both the day and the workout. So far the only negative thing about it is the tingling sensation from the beta alanine that it can give you. Now dont get me wrong, its no deal breaker, but sometimes the feeling can be a little uneasy, especially if youre a new user of the product.

Oddly enough, some users actually enjoy the tingling sensation. The say its an indicator that the product is working.

One can also argue that the taste and smell arent too user-friendly. Its also easy to point out that many of dont care too much about the taste of the product. If it gives us the results were looking for, thats all that maters.

Overall, Anavite Multivitamin by Gaspari Nutrition will yield exceptionally good results, complete with many excellent advantages over its competitor. Performance during your workout is critical, but arguably even more important is the recovery period. Anavite Multivitamin gives the luxury of providing a boost in both areas. Add all of the essential nutrients and B-vitamins packed into the product, and its easy to see why this multivitamin is becoming the popular choice. Next time you see Anavite on the shelves at your nutrition shop, dont hesitate to snag a container!

The human body is operated by the electrical energy that comes from various foods. This energy simply boosts cells and helps in keeping one energetic and recharged round the clock. After a long, hectic, and tiresome day, the human body needs adequate energy through a comfortable sleep of 8 hours a night. Sometimes, 8 hours sleep doesnt make you feel active and invigorated. It clearly indicates to the need of enhancing energy intakes that come through nutrients in the form dietary supplements. So, the regular and recommended usage of energy supplements (energy drinks, pills, and powder diets) ensures the availability of adequate dietary supplements for the people who fail to have a balanced diet. Energy supplementation is just an addition of further higher amounts of nutritional value to a regular diet.

Supplements that deliver the most energy

Having little or no energy received by cells results in poor energy production. In todays modern life, people have to meet their commercial commitments and they find it hard to feel energetic due to the lack of physical exercises, inner body cleansing, healthy organic foods, and energy-stimulating tasks in their daily life schedule. Such developments indicate to a hormonal imbalance that ultimately leads one to feel fatigued. That is why energy boosting nutrition is in high demand for having the right amount of energy for daily nutritional needs. Following are some of the top energy supplements used widely for the enhancement of mental and physical performance in the United States and other parts of the world. These supplements include: Alpha Lipoic Acid, Amino acids, Apple Cider Vinegar, Black Cohosh, Calcium, Chromium, Coenzyme Q - 10, Creatine, DHEA, Flaxseed, Folic Acid, Ginko, Glucosamine, Magnesium, Melatonin, Niacin, Probiotics, Red Yeast Rice, Ribose, Sports multivitamins, Vitamin B12 (Cobalamin), Vitamin C, Vitamin D, Vitamin E, etc.

Remember: These supplements should be consumed as per directions from healthcare professionals in order to have nutritional support for daily vitality.

Recommended nutritional requirements for men versus women

Generally, people are advised to try some energy supplements to fight energy crashes. It is known that dietary supplements dont treat any disease, but they are used for getting essential substances. If men and women are lacking the power to remain active from morning to night, then the following chart of recommended nutrition requirements can help them.

• Calcium: For women (<50) 1,000mg per day and (>50) 1200mg; 800mg per day for men.

• Iron: For women 18mg per day; for men 8mg per day.

• Omega 3 Fatty Acids: For women 2-4g per day.

• Proteins: 47g per day for women of a 130 pound; 60g per day for a man of 165 pounds.

• Fiber: 25g per day for women (<50) and 21g per day for women (>50); 38g per day for men (<50) and 21g per day for men (>50).

Americans are increasing the intake of dietary supplements. A report on energy supplement market from Statista, a popular statistics portal, shows that there is a huge rise in the retail supplement sales from 17.2 billion USD in 2000 to 35 billion USD in 2016. New projection in the same category for the existing year 2017 is $17.2 billion.

In a nutshell, sleep, exercise, and eating organic foods can help you increase energy. But, supplements help one in clearing out toxins from the body, enhancing performance, and maintaining energy balance in body cells.