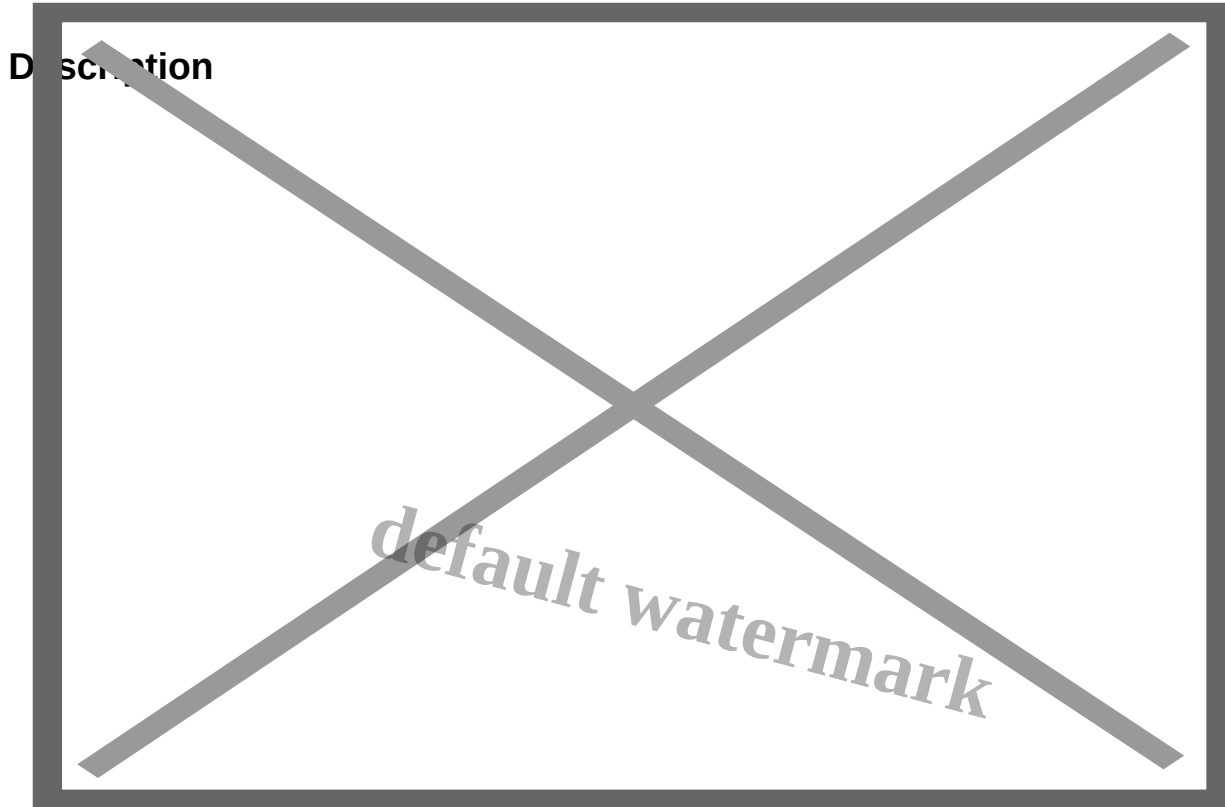


How To Make Sure Your Supplement Schedule Is Healthy



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Many people interested in health, wellbeing, and self-care use supplements to help optimize their diet, even if they know never to use these vitamins or minerals as a substitute for a good, healthy diet. However, itâ€™s also true to say that youâ€™re not automatically healthy just because youâ€™re taking supplements.

Moreover, less is often more when it comes to adding additional vitamin profiles to your general diet. If you were to walk into a supplement store, you may be convinced that unless you had one of each item on the shelf, you hadnâ€™t been doing [self-care](#) correctly.

Of course, this is untrue, and many products are more notable for their marketing than they are the substantive nutritional profiles they offer. For this reason, taking a look at your supplement schedule once more and simplifying it could be key. Note that none of this should take place without express permission from your physician. From there, you might consider some of the following possible suggestions:

Opt For Complimentary Supplements

If you take vitamin D supplements, it's often recommended to take vitamin K as well. This is because it helps to regulate calcium, ensure bone health, improve cardiovascular health, and more. As you can see, sometimes it's good to opt for complimentary supplements that work with one another, and help complete your micronutrient goals throughout the day. For instance, Vitamin C can help enhance the [absorption of Iron](#) from plant-based sources, which is very useful for those who may follow a vegan diet.

Ensure You're Not "Doubling Up"

Taking too much of a supplement can be more harmful than not taking enough of it. This is why it's good to make sure you're not doubling up on your intake through different supplements. For instance, if you're already taking a high-strength zinc supplement, but your multivitamin is already offering zinc, then you might lessen the potency of your general zinc intake from the other source, or try a new multivitamin. This way, unless you're under a doctor's instructions to take more than the recommended amount, you can balance your intake well. Tallying your intake takes a few moments to do, but it can be tremendously helpful.

Consider The Supplement Type

It's also good to understand the intricacies of a particular supplement and how it helps you. This great guide to [prebiotics vs probiotics](#) is a good place to start. However, you may also find benefit in understanding how certain supplements can differ. So for instance, Magnesium Citrate is a healthy magnesium supplement, but compared to Magnesium Gluconate it's more bioavailable, and as such can work as a laxative, too. That might not be what you're looking for, as gluconate is often used as the food supplement. As you can see, sometimes even a slight change in supplement can make a big difference.

With this advice, you're sure to keep your supplement schedule efficient and healthy, streamlined and purposeful, and sustainable and affordable all in one. This way, you use supplements as they're supposed to be, as supplements, not substitutes to a healthy diet and active lifestyle.

Date Created

2023/05/09