

Highly Informed Supplement Choices Distinguishing Fact from Hype

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- I. Things to Look for When Selecting any Nutritional Supplement**
 - a. Label Ingredients
 - b. Any Scientific Research Information Provided by the Company?
 - c. Verify the Science.

- II. Real Credibility of Information - Legitimate Science**
 - a. The Scientific Method
 - i. Strict Research Guidelines – setting up the experiment or study to ensure research accuracy.
 - b. Truth of Information Ethics (Statement Declaring No Conflict of Interest)
 - i. Example: <https://pubmed.ncbi.nlm.nih.gov/34834109/>
 - ii. Example: <https://pubmed.ncbi.nlm.nih.gov/31227024/>
 - c. Peer Reviewed Studies
 - i. https://irjponline.com/admin/php/uploads/3248_pdf.pdf
 - ii. <https://core.ac.uk/download/pdf/237392863.pdf>
 - d. Meta Analysis Studies
 - i. <https://www.frontiersin.org/articles/10.3389/fphar.2021.702487/full>
 - ii. <https://www.nature.com/articles/s41598-020-79713-0>

- III. Time-Proven Results**
 - a. Ancient Cultural Healers – Cause and Effect Observations Over Time
 - b. Ancient Practice Healing Results Match or Surpass Current Legitimate Studies
 - c. Historical Overview of Cultural Natural Functional Plants (Medicinals)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4020364/>

- IV. Non-Credibility – Inadequate, Vague, Weak and Unsatisfactory Sources of Information**
 - a. <https://medlineplus.gov/druginfo/natural/644.html>
 - b. <https://www.webmd.com/vitamins-and-supplements/oregano-uses-and-risks>
 - c. Single Studies Are Not Enough – Different Outcomes Get Disqualified By Academic Scholarly Peer Reviews
 - d. False Information, Partial Truths, Disregarding the Legitimate Science
<https://www.healthline.com/health/oregano-oil-side-effects>
 - e. Misleading Headlines
<https://www.leaf.tv/5036639/why-consuming-too-much-oregano-oil-can-be-dangerous-and-even-fatal/>

- V. Propaganda, Advertising Hype, Illegitimate Pseudo Science**
 - a. Infomercials Products – Poorly Absorbed Ingredients
 - b. Profit Agendas – Companies Cutting Costs and Quality of Ingredients
 - c. Poor Nutrient Useability – Not in Your Health's Best Interest

VI. Fundamental rules for Choosing Supplements

- Avoid elemental and isolated single mineral formulations.
- Avoid single and synthetic vitamins (if not whole food-derived, vitamins are synthetic, possibly genetically modified or engineered)
- Choose whole food ingredients in all formulations or whole plant extracts

Examples: Poor Quality Elemental Calcium Supplements (Poor or Little Useability) Versus Multi-Nutrient, Whole Food Ingredients (High Useability)

Example 1 – Non Useable or Poor Absorption by the Body

Supplement Facts

Serving Size: 2 Tablets
Servings per Container: 125
\$16.00

	Amount Per Serving	% Daily Value
Calcium (elemental) (from 2,775 mg complex of Calcium Carbonate, Calcium Citrate, Calcium Ascorbate)	1 g (1000 mg)	77%
Magnesium (elemental) (from 928 mg complex of Magnesium Oxide, Magnesium Citrate, Magnesium Ascorbate)	500 mg	119%

Other Ingredients: Microcrystalline cellulose, silicon dioxide, vegetarian coating, croscarmellose sodium, hydroxypropyl cellulose and stearic acid (vegetable source).

Example 2 – Adequate Absorption; 40% Absorbability or Utilization of Nutrients

Supplement Facts

Serving Size: 4 Capsules
Servings per Container: 30
\$16.00

	Amount Per Serving	% Daily Value
Calcium (as Calcium Citrate [85%], Calcium Carbonate)	1000 mg	100%

Other Ingredients: Gelatin capsule, magnesium stearate, watercress leaf, dandelion root and parsley leaf.

Example 3 – Whole Food Nutrient Complexes Listed Are In the Coral Plant from the Ocean.

Coral is 100% Utilized In the Body.

All Listed Nutrients Act in Synergy to Ensure Maximum Absorbability and Useability

Supplement Facts

Serving Size: 3 Capsules

Servings per Container: 30

\$30.00

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	2917 IU	58%
Vitamin C (as ascorbic acid)	70 mg	117%
Vitamin D (as ergocalciferol)	816 IU	204%
Vitamin E (as d-alpha tocopheryl succinate)	35 IU	117%
Calcium (from Coral Calcium, Phytavail Complex – Proprietary blend of soluble plant based minerals, aminoate, aspartate, citrate, ascorbate, lysinate, methionate, rare earth elements and fructooligosaccharides [from Dahlia inula tuber and Chicory root])	345 mg	35%
Iodine (from kelp)	150 mcg	100%
Magnesium (from Coral Calcium; Phytavail Complex – Proprietary blend of soluble plant based minerals, citrate, rare earth elements and fructooligosaccharides [from Dahlia inula tuber and chicory root])	183 mg	46%
Zinc (Phytavail Complex – Proprietary blend of soluble plant based minerals, aminoate, rare earth elements and fructooligosaccharides [from Dahlia inula tuber and Chicory root])	16 mg	107%
Selenium (Phytavail Complex – Proprietary blend of soluble plant based minerals, aminoate, ascorbate, rare earth elements and fructooligosaccharides [from Dahlia inula tuber and Chicory root])	30 mcg	43%
Copper (Phytavail Complex – Proprietary blend of soluble plant based minerals, aminoate, rare earth elements and fructooligosaccharides [from Dahlia inula tuber and Chicory root])	2.4 mg	120%
Manganese (Phytavail Complex – Proprietary blend of soluble plant based minerals, aminoate, rare earth elements and fructooligosaccharides [from Dahlia inula tuber and Chicory root])	1.44 mg	72%
Chromium (Phytavail Complex – Proprietary blend of soluble plant based minerals, aminoate, rare earth elements and fructooligosaccharides [from Dahlia inula tuber and Chicory root])	86 mcg	72%
Coral Calcium (from Okinawa, Japan)	1000 mg	*

Aquamin (Irish red seaweed) (Lithothamnium corallioides) (source of calcium)	305 mg	*
Bioperine® (from Piper Nigrum fruit) (standardized to 95% [0.95 mg] 1-piperoylpiperidine)	1 mg	*
Boron (Phytavail Complex – Proprietary blend of soluble plant based minerals, aminoate, rare earth elements and fructooligosaccharides [from Dahlia inula tuber and Chicory root])	1 mg	*

*Daily value not established.

Other Ingredients: Microcrystalline cellulose, silica, magnesium stearate, vegetable cellulose, purified water.

VII. Basic Rules for Researching the Efficacy of Your Supplements:

- a. Do a search on each ingredient. Enter the name of the ingredient, add the phrase “science journal” to your search word or phrase. This bypasses 90% of the misinformation on other websites and unqualified opinions or advice.
- b. When you arrive at a scientific study, look for the phrase “No Conflict of Interest” to ensure the outcome of the study was not influenced by profit motives or harmful agenda.
- c. Look for the word “Review” which indicates many studies were gathered and reviewed by scholars, doctorates at the university level. Published reviews are the most credible in the true scientific community for determining whether a botanical or any of its biochemical compounds are worth putting in your body.
- d. Look for human studies over animal studies.
- e. Look for live subject studies (*in vivo*) rather than laboratory studies (*in vitro*).
- f. For those not versed in the terminology of the biological sciences and scientific research, the Introduction or Abstract at the beginning of the study, and the Discussion and/or Conclusion sections will provide you with enough information to make an informed decision.
- g. Peer reviewed studies are the most understandable in layperson’s terms, and provide a simpler but fascinating overview of the research findings on a botanical.



Final Note:

The longer you refer to the true science, the better familiar you will become with the terms, and the more you'll learn how the amazing human body utilizes the vast array of nutrient factors in the plant kingdom that are truly divine gifts to humankind and all living things.

In True Health,
Esther



To nourish thy body is to nourish the soul.



To nourish thy soul is to awaken the divine light within.