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THE 3 TYPES OF NUTRITIONAL/HERBAL SUPPLEMENTS

The vitamins & herbs recommended to you are an important tool for supporting your health during your treatment. Some vitamins & herbs have the potential to cause side effects, especially those that are synthetic. Dr. Faulkner has compiled the different types of supplements so that you may choose your best option.

1. Synthetic

- Artificial chemicals made in a laboratory
- Most are made by pharmaceutical companies from coal tar or petroleum byproducts
- Often referred to as “nutraceuticals” (chemical nutrients)
- Based in the same reductionist principles as drug therapy
- Have a pharmacological (not nutritional or rebalancing) effect on the body
- Are essentially over-the-counter drugs
- Lack essential co-factors which complete and balance the nutrient complex
- Create nutritional deficiencies of missing co-factors that naturally occur in food
- Results in a toxic “mega-dose” approach to therapeutics, e.g. hundreds or thousands of milligrams of ascorbic acid (mistakenly referred to as vitamin C)
- Accurately described as counterfeit or fake vitamins
- Have consistently been found less effective than food concentrates
- Common adverse reactions when combined with other drugs
- 99% of the “vitamins” people take (those from the pharmacy, health food store, vitamin store or mail order) are isolated synthetic chemicals

2. Fractionated

- Similar to synthetics in principle and effect
- Chemically extracted from foods or plants
- e.g. d-alpha tocopherol (mistakenly referred to as vitamin E) from soybean oil
- Most standardized herbal extracts are made in this way

3. Food Concentrates

- Concentrated foods and plants that retain the full nutrient complex
- Made by simply removing the water and fiber from the food or plant
- Quality determined by farming methods; soil, water and sun; and the manufacturing process
- Produce far fewer adverse reactions and interactions with drugs
- Non-toxic, unlike isolated chemical vitamins
- Have a nutritional/rebalancing effect on the body; often referred to as “therapeutic foods”
- Provides nutrients in the way the body is designed to obtain them: from foods, not chemicals
- Greater availability of nutrients in their original/natural form

Note: You cannot compare the amounts (milligrams) of vitamins in a synthetic formula to that of a food concentrate. Foods (e.g. a bag of carrots) and food concentrates contain small amounts of hundreds of nutrients not listed on the label. Food concentrates are low-dose and high potency, whereas synthetics are high-dose and low-potency.