

Taking a Vitamin Supplement

There are a number of essential vitamins that the body needs to function properly and it is possible to take these in the form of a vitamin supplement. The majority of people do not have a balanced diet and they may be lacking in certain vitamins which means that they require a vitamin supplement to ensure that they do not have a deficiency of an essential vitamin. A health professional or dietary technician is the best person to give advice on any vitamin supplement that a person should take. It is important to seek professional advice before taking any vitamin supplement. This is because there are some vitamins that can be toxic if too much is consumed and a vitamin supplement may not be appropriate if there is enough of the vitamin already in the food a person eats.

Some categories of people may require more types of vitamin supplement than others. Vegetarians are often deficient in certain vitamins that are only found in animal products, for example, and a vitamin supplement is the ideal solution to this problem. Vegetarians do need to be aware that some vitamin supplement manufacturing processes involve animal products and it is important for them to read the labels. A large number of synthetic vitamin supplement products are available which will enable a vegetarian to take them without contravening their dietary beliefs or needs.

Children will often need a vitamin supplement, especially when they are extremely young. This is because a lot of children do not eat a sufficient variety of foods in their early years and a vitamin supplement can help compensate for this natural deficiency. Breast feeding has long been recommended as a source of all the essential nutrients but women who choose not to or are unable to bottle feed may be concerned as to whether their baby needs a vitamin supplement. The large majority of baby milk formulas contain additional vitamins to prevent the need for a vitamin supplement to be given. It is important to discuss any concerns over the need for a baby or child to take a vitamin supplement with a health professional to ensure that the correct solution is found.

Elderly people or those suffering from certain diseases or illnesses are other groups of people that may need to take a vitamin supplement. The body may often need a vitamin supplement to compensate for a person not being able to consume the recommended daily allowance of certain vitamins through their normal diet.