

A top-down photograph of various natural and synthetic supplements on a green background. It includes several large green leaves (Ginkgo biloba and mint), two small white bowls containing capsules, a blister pack of capsules, and a large pile of various capsules and tablets scattered across the surface. The text "9 Surprising Differences Between Natural and Synthetic Supplements" is overlaid in the center.

9 Surprising Differences Between Natural and Synthetic Supplements

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The Difference Between Whole Food Vitamins & Synthetic Vitamins



Natural vs Synthetic Vitamins

Natural vitamin supplements fill the gaps where your diet is lacking. But picking vitamins can get confusing.

- What kind of vitamins do you need?
- What's the difference between whole food and synthetic vitamins?

There are a few ideas that come to mind when you think of what you need to do to be healthy. Maybe you try to meditate to minimize stress, go on a run, take a yoga class to get some exercise, or make a nutritious meal. Even if you do these things, you can still have low energy or other underlying health issue

Here's The Difference Between Synthetic And Natural Whole Food Vitamins



- Synthetic vitamins are made from chemicals to mimic the natural way your body absorbs nutrients from food.
- Synthetic vitamins are difficult for your body to absorb and can even cause health issues.
- Whole food vitamins condense and concentrate the fruits and vegetables to make natural vitamins for your body.
- Whole food vitamins are bio-available and recognizable to your body.

Why Are Vitamins Necessary?

Vitamins are organic molecules you need, but your body can't produce them.

Food is what keeps your body stocked with these essential nutrients. That's why nutrition is fundamental to your body's health.

You used to be able to get all the vitamins necessary for your body solely from a healthy diet, but now, our food is less nutritious. Even if you avoid food with GMOs and eat organic produce, your food has fewer nutrients in it than in the past.

What are GMOs? Genetically Modified Organisms are any animal, plant, or organism with unnaturally altered components.

Because of the Current Food Production Processes...

Our soil is stripped of its nutritional value by mainstream farming methods. Fields are depleted by overuse, and repeat planting in the exact area causes the soil not to renew itself.

Soil matters. Every 100 years, only one inch of nutrient-rich topsoil is produced.

The current farming trends are causing the soil to be depleted at a rate of 10 times the amount it can replenish itself.

That's why organic, sustainable farming methods matter. Conventional farming techniques try to compensate by adding pesticides and fertilizers but end up harming produce.

Pesticides limit the action of beneficial microbes in the soil that help plants draw in nutrients. Fertilizers focus on certain key chemicals and don't take into account all the trace minerals, organic components, or beneficial microbes that go into good nutrition

And genetically modified foods have made their way into our food supply when we don't know how they may affect us in the long term.

On top of these problems, we refine and process our food, so it lasts longer, is more convenient, tastes better, and is even made to be more addictive. We strip out and destroy vital nutrients as we process them.

Much of the food you find in grocery stores, outside the produce section, barely even

Much of the food you find in grocery stores, outside the produce section, barely even resembles what humanity has been eating for thousands of years. There's no wonder we are seeing auto-immune disorders, food allergies, and a growing epidemic of obesity.

Your body doesn't know what you're ingesting. It can't find the nutrients it needs from your food, so your body is begging you to eat more and more. ***Ever had those crazy late-night cravings? Those happen because your body is trying to get more nutrients***

Since food is no longer as nutritionally dense, we need to fill in the gaps with vitamins. Sure, we can try to increase our food consumption, but even this may not solve the problem as eating copious amounts of food is not always feasible. The health of your loved ones and yourself need not be another cause of worry.

The Problem with Synthetic Vitamins



You know you need a steady supply of vitamins and minerals so your body can function properly.

Their solution is to create cheap vitamins in labs, fortify your foods and beverages with them, and dump them into multivitamins.

The problem is these synthetic vitamins are not what your body is looking for either.

Almost All Multivitamins Are From Synthetics

The same goes for fortified foods

There's a good reason for this. Synthetic vitamins are cheaper to make and usually more stable.

This means they can last on shelves for months or years, be added to foods in high doses, and create small dense tablets packed with insane amounts of every type of vitamin.

These vitamins are allowed to call themselves “natural” even when they are synthetic because scientists say the synthetics are virtually identical to the ones found in food.

However, the way these compounds are made is not remotely similar to the metabolic processes that plants and animals use to create them.

Avoid dietary supplements that use words ending in -acid, **-ide**, and sometimes -ate or use the **“dl”** before the name.

Synthetic vitamins are isolated or simulated nutrients that do not take into account all the countless phytonutrients that come along with them.

Synthetic vitamins, according to a multitude of studies are:

- NOT as bio available as whole food vitamins
- NOT absorbable or usable
- NOT what we find in natural foods
- NOT recognizable to the body
- The “virtually identical” vitamins are hard on the kidneys and are often treated as toxins. Recent studies even tie synthetic vitamins to an increased risk of cancer.

Your vitamins should help you live a more holistic life, not harm you!



How Synthetic Vitamins vs Natural Vitamins Affect the Body

1. Synthetic Vitamins Can't Be Excreted Right Away

The body excretes excess natural vitamins, while synthetic vitamins get stored in the liver as substances that can be toxic to the body.

The body utilizes only what it needs from organic vitamins. Excess vitamins are processed and discarded, but that's not the case with synthetic supplements.

Synthetic vitamins contain a high concentration of the chemical that mimic natural vitamins. You basically get a higher dosage of these vitamins than those obtained from fruits and vegetables as well as organic food sources.

They get stored in the body until they can be processed with the right nutrients.

This can be dangerous to the body because a buildup of chemicals the body can't excrete can eventually cause diseases.

2. Synthetic Vitamins Don't Contain Trace Minerals

Natural vitamins come with various enzymes, minerals, lipids, protein, and other nutrients to help the body digest and utilize them. Synthetic vitamins are isolated forms of those they are mimicking.

Unlike organic vitamins obtained from food which contain trace minerals and other nutrients, clinically-made vitamins do not contain any other nutrients.

If you're not taking other supplements like magnesium, iron, or folic acid, taking only pill-form vitamins may result in some serious nutrient deficiency problems.

3. Synthetic Vitamins Eventually Become Toxic

Fat-soluble vitamins, like vitamins A, D, E, and K, need fatty acids to be absorbed properly by the body. When taken through natural food sources, the body can adequately metabolize them, with any excess excreted accordingly.

Meanwhile, synthetic forms of these vitamins are made in high concentrations.

Since they're isolated and contains no fatty lipids for proper processing by the body, they are stored in the liver.

Over time, these excess vitamins build up in the liver and eventually become toxic to the body.

4. You need to eat food containing minerals, nutrients, and enzymes to help metabolize synthetic vitamins.

Do you want to support your immune system, boost your energy and improve sleep quality? Then you're probably thinking about taking a supplement or two – but should you go for a multi or isolated vitamin?

At the moment, it seems like nearly everyone is falling ill. If it's not Covid, it's some other bug that's leaving people feeling shaky, sweaty and generally run down. And if you've caught neither yet, you might be thinking about boosting your vitamin intake to bolster your immunity.

And if that's you, you might be wondering which supplements to take. Should you go for the simple, cheaper option and start taking a multivitamin? Or are individual vitamins and minerals a better option?

Multivitamins do what they say on the bottle: they're tablets or formulas made up of umpteen vitamins and minerals. You might have taken one as a kid alongside your breakfast. They tend to include vitamins C, D and E, a B vitamin complex and minerals like iron, magnesium, zinc and copper. And if you're feeling run down, they could well be the thing you start resupplementing with = alongside your trusty Berocca. (a multi-vitamin/mineral supplement made by Bayer pharmaceuticals)

Multivitamins: Cheap And Convenient Or A Waste Of Money?

You've got to be careful with multivitamins because they won't always give you what you need in the quantities that you need them, and some ingredients can end up competing against each other – like zinc, magnesium and iron. Does that mean that they're not effective? Potentially. There's such a huge difference between quality of supplements too."

Isolated vitamins: a more scientific approach to nutrition?

For those of us who have been diagnosed with anemia, for example, a multivitamin that contains iron probably isn't the best way forward, but neither is taking an iron tablet: Get a more comprehensive blood test first as there are different forms of anemia. You need to know if you need iron or particular B vitamins that are going to help you use the stored iron you already have in your body.

It's important to realize that no nutrients work in isolation in the body, so you've got to think about what you eat and drink, as well as the vitamins you consume.

Vitamin D, for example, requires calcium to work in the body – it's not going to do much good if your diet is nutritionally low.

Taking nutrients in isolation can interfere with absorption of other nutrients. If you take ***high-dose B6, for example, it increases your need for zinc***. And minerals can compete with absorption sites, so high concentrations of calcium and zinc can affect magnesium absorption.



Medical Disclaimer

The information provided is for educational purposes and is not intended as medical advice, or a substitute for the medical advice of a physician or other qualified health care professional. We do not aim to diagnose, treat, cure or prevent any illness or disease.

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