



Taking natural foods is one of the best way to boost a strong immune system but there are many factors that why we need nutrients from supplements more than just from foods. Some factors seen are:

(1) Current commercial agriculture techniques leave soil deficient in important minerals, causing the food grown in this soil to share the same mineral deficiencies.

(2) Many foods are shipped long distances and are stored for long periods of time, both of which cause the depletion of vitamins in these foods, including the important Vitamin B Complex and Vitamin C. Thank you for subscribing!

(3) Food processing, cooking, and preserving leads to nutrient depletion in our food supply that makes it difficult to obtain adequate nutrition from foods alone.

(4) Many fruits and vegetables are genetically bred to improve visual appeal and crop yields, not nutritional value, which frequently results in lesser nutritional values than our ancestors'



food supply.

(5) Irregular eating habits, insufficient chewing of food, eating on the run, and stress contribute to poor digestion, making it difficult for our bodies to extract all the nutrients it needs from food.

(6) Pharmaceutical drug use has escalated over time. Most medications deplete essential nutrients, making people more vulnerable to deficiencies.

(7) Increasing levels of environmental pollution in our air, water and foods may cause our bodies to use more nutrients than normal to detoxify and eliminate harmful substances.

(8) We all have genetic weaknesses, including higher needs of some nutrients, higher rates of depletion for certain nutrients, and an increased likelihood of genetic expression of some illnesses if vitamin or mineral deficiencies are present.

(9) Many supplements' nutrients have been proven to prevent or aid in the treatment of health conditions like high cholesterol, arthritis, birth defects & cancers,

Lastly, you should always consult your health expert first to avoid any drug-nutrients interactions. Also, avoid supplements made from sweeteners, colors, artificial flavors, preservatives, or fillers and take only natural extracts & whole foods supplements.