

## **SAMPLE –Multi-Vitamins-Weight Loss- Cancer-Article**

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### **Multi-Vitamins Can Help You Lose Weight and Prevent Cancer**

I would like to share with you the results of a study conducted by researchers from the Fred Hutchinson Cancer Research Centre, who discovered that multivitamin supplements can not only help you lose weight but can also play an important role in prevention of cancer.

Chromium, Vitamin B-6 and Vitamin B-12 are often present in high quality multivitamins and can prove to be very useful in weight loss efforts. Research also suggests that multivitamins provide protection against colorectal cancer and at the same time help maintain overall good health. During the research, people who reported regular consumption of multivitamin fared much better in terms of overall health and were at a 30 percent lesser risk of colorectal cancer.

Multivitamins have been widely known to help dieters. To lose weight, you need to burn more calories than you consume. But a calorie reduction also poses the risk of your body not getting enough essential nutrients to carry out necessary functions. In this respect, multivitamins can provide proper nutrition as you lose weight by keeping your diet in control.

### **How much multivitamins do you need?**

Exercise is a part of every weight loss program. But heavy workouts in combination with a restricted diet can result in a deficiency of essential minerals and vitamins in the body. Consuming the recommended daily allowance of multivitamins ensures that your body doesn't become deficient of vitamins. Consumption of multivitamins not only maintains your energy levels but also keeps diseases at bay by keeping your immune system strong.

Just as you spread your food intake throughout the day to keep your blood sugar level constant, it is advisable to take multivitamins two or three times a day. But remember that consuming too much multivitamins can lead to health problems. Many multivitamins contain potassium, zinc, iron and calcium that are good for health but excess consumption of such multivitamins can lead to stomach bleeds, muscle weakness and an elevated heart rate.

### **Weight loss formulas in multivitamins**

Many companies offer weight loss formulas based on multivitamins. These formulations may be multivitamins with green tea or any other herbs. But if you follow a sound dietary program, you won't require such multivitamins. It is advisable that you consume high quality multivitamins instead.



## **Vitamin B**

Make sure that your multivitamins contain Vitamin B complex, especially, riboflavin, pantothenic acid, niacin, pyridoxine, inositol and choline. Niacin is essential for the production of thyroid hormone while pyridoxine and riboflavin is essential for the normal functioning of thyroid. Pantothenic acid helps enhance adrenal function and energy production. Inositol and choline help in fat metabolism.

## **Vitamin C**

Vitamin C is another key nutrient that should be included in your multivitamin supplement. Vitamin C provides numerous health benefits. For weight loss, Vitamin C helps convert glucose into energy that can be used by cells. It is vital for the production of Carnitine that assists the body in converting fat into energy. A deficiency of Vitamin C can deplete your energy levels and result in excess fat storage in muscles.