

# Vitamins and Supplements

## The Multi-vitamin

Most multi-vitamins contain **vitamins A,C,D,E** and sometimes **K**, along with the **B family (1,2,6, and 12)**, **pantothenic acid, iron** and **folic acid**. Look for 100% of the daily value of these vitamins. It's OK for minerals, like calcium, not to total the recommended daily intake in one pill as you may take more than one pill a day, supplement with a calcium tablet or be able to get enough through your daily diet.

You don't need to be brand specific to get value for your dollar. Store brands are usually modeled after brand names and have just about the same effectiveness.



### Amino Acid Supplements

Amino acid supplements can be used along with physical activity to increase endurance and strength.

Amino acids are the building blocks for proteins and are necessary for the building and repairing of muscle as well as regulating most body processes through enzymes and hormones. There are a number of non-essential proteins that the body produces but there are some that we need to take in through dietary means. Generally, people take in enough amino acids, but for people who take part in sports tak-

ing amino acid supplements can enhance an athlete's performance.

Amino acids in combination with physical activity, can increase muscle mass and promote glycogen re-synthesis. It can also help during extended periods of activity, such as marathons, to prevent protein breakdown. Amino acid supplementation can be very beneficial while training if taken in the right way.

As with many things in life, too much of a good thing can turn into a bad thing. There is a possibility that excessive amino acid consumption can have a negative effect on your health.

Talk to a health care professional if you have any questions or concerns about amino acid supplements.

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# Help Us Help Others!

For the last five years, the team at Back to Health has collected donations to two local women's shelters: Nelson House and Interval House. We not only raise money to help the women and their children, but we also take in donations of gifts, clothing, and food. We also purchase gifts for the women and children and wrap them.

## **If you would like to help out in any way, please let us know!**

You can either give a general donation of money, food, women's clothing or children's clothing, or you can pick a specific person (for example, an 8-year-old boy) and buy gifts for him/her.

\*  
Always consult a chiropractor or a nutritionist to determine what supplements are right for you. They can help you choose the right combination and dosage.  
\*



Sunshine is a source of Vitamin D!!

## **Vitamins for Pregnancy**

A woman's body undergoes many changes while pregnant and with those changes come changes in what vitamins and minerals are needed. It can be difficult to take in enough folic acid, iron and calcium while pregnant.

There are a number of pre-natal vitamins on the market that have higher levels of these vitamins. Of course, eating a healthy varied diet is still the best way to get your dietary needs.

Folic acid is found in avocados, spinach, asparagus and wheatgerm.

Calcium and iron are high in nuts, beans and green leafy vegetables. Iron is also found in red meats. Talk to your doctor or midwife about your dietary requirements.



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