



## **Press release**

### **Dietary supplements – Six facts for consumers**

The topic of dietary supplements is hotly debated and sometimes controversial. Some swear by dietary supplements, while others remain skeptical. Is the skepticism about dietary supplements justified? We have dedicated ourselves to the topic to discuss frequently asked questions and provide clarity on the use and proper handling of dietary supplements.

Fact number 1: Healthy eating alone is not always enough

Exercise and a conscious diet are indisputably the basis for a healthy life. Micronutrients should then be covered as part of a healthy diet, since some of the required nutrients are essential. This means that the body cannot produce these substances itself, but must obtain them from food or supplements. However, the daily consumption of fruits and vegetables does not automatically guarantee the necessary supply of all vitamins and minerals – especially considering the decreasing quality of food. In addition, various individual factors must be taken into account that can increase one's own micronutrient requirements:

personal stress levels, physical condition, existing illnesses, and sleep quality.

In cases of undersupply despite a healthy, actually nutrient-rich diet, dietary supplements, also called NEM for short, offer a good solution and can help to ensure a balanced supply - as a supplement, as the name suggests!

Fact number 2: Natural supplements are better than synthetic NEMs

When choosing a dietary supplement, quality plays a significant role. The effectiveness of chemically produced supplements is controversial. It is important to be aware of the origin and nature of the ingredients. Natural supplements have the advantage over synthetic ones in that they are in a natural nutrient complex, which often promotes absorption and utilization by the body.

Fact number 3: Different dosage forms influence the absorption capacity

At the latest after a comparison it becomes clear that the price range is extremely large. This is partly because natural raw materials are more expensive than synthetic ones (see fact number 2). But also because of the form of the micronutrient used. Inexpensive products, such as those found in drugstores, unfortunately often have forms that are less easily absorbed than products that focus on high bioavailability. Magnesium serves as a prime example here: magnesium oxide is a frequently used, cheap raw material, but it is only absorbed to a lesser degree in the intestine and thus reaches only a limited extent where it is needed. On the other hand, there is a highly bioavailable raw material,

magnesium bisglycinate, which is also somewhat more expensive - so not all magnesium is the same. It is therefore worth investing in a high-quality and bioavailable preparation.

Fact number 4: In special situations, dietary supplements can be useful

As already mentioned: NEM should not serve as a substitute, but as a supplement to a balanced diet. Especially if some foods are not sufficient to cover the need for micronutrients. In the winter months, for example, the supplementation of vitamin D is often useful to prevent deficiency symptoms. In general, supplementation may be useful during periods of increased stress, exercise, or a vegetarian or vegan diet. An individual, therapeutic or medical consultation can help to determine personal needs.

Fact number 5: The importance of the right dosage

Adequate dosage is a key point when using dietary supplements. Here, not only the quantity, but also the type of products must be considered. In this context, it is important to briefly point out the difference between mono- and complex products. Mono-products contain only one ingredient (and possibly so-called fillers). Complex products provide balanced coverage with multiple ingredients that are coordinated to provide the greatest benefit. Again, an examination and discussion with your therapist or doctor can help you find the best, or necessary, combination for you.

Fact number 6: The control mechanisms for food supplements are clearly regulated in the EU

Food supplements are classified as food and must be produced and marketed according to the EU Food Regulation. Manufacturers are responsible for the quality and safety and therefore attach great importance to the selection of high quality and bioavailable raw materials and partners to provide the best quality to customers.

MITOcare is committed to research and development of micro and macronutrients for 10 years. The products are developed together with therapists and are suitable for everyday life, sports and a conscious lifestyle. In addition, many products are suitable for vegetarians, vegans and allergy sufferers. With a large network of doctors and therapists, MITOcare is one of the leading suppliers of complex, innovative nutritional supplements.

To learn more about MITOcare and its wide range of products, visit [www.mitocare.de](http://www.mitocare.de).