

Athletic Greens' Video Reveals The Shocking Truth About Vitamin Supplements

Rick Porter March 06, 2014



In their newest video Athletic Greens covers the important topic of what is really in the vitamins people are taking for improved nutrition and health and why they simply don't work.

(Newswire.net -- March 6, 2014) Las Vegas, NV -- A new video from Athletic Greens was released to bring both awareness to current vitamin manufacturing practices and to explain why Athletic Greens Superfood Cocktail was essential to formulate in order to provide a quality solution for the marketplace. Most people know that exercise and food choices are most significant in impacting overall health and nutritional wellness. However, many people also like to use a dietary supplement for an additional energy boost or "nutritional insurance policy" but they know little about what they are actually taking into their body. The Athletic Greens video depicts the story of Chris "The Kiwi" who encountered a scary outcome when doing just that.

The video introduces the viewer to Chris "The Kiwi" who is a nutritionist, personal trainer to celebrities, and has been featured in numerous books, magazines, and blogs. When utilizing certain supplements in conjunction with his strict diet and exercise regimen Chris found that he had become seriously ill. Doctors concluded this was a result of his body not absorbing nutrients and ultimately being malnourished. After some brief research he found that most current supplements available did not contain the proper nutritional value required for the body to absorb and the few that did only meet specific individual needs. Investigating further he discovered the key to proper nutritional absorption was through whole foods sourced ingredients.

The Athletic Greens video explains that traditional supplement processes took isolated synthetic ingredients, mixed them together, used a process of heating and pressurizing, and resulted in low quality nutritional products that the body could not absorb. Most supplements found on store shelves were manufactured in a laboratory and contain little if any natural ingredients. Chris "The Kiwi" spent a lot of money and time to research how to bring nutrients that can be highly absorbed together and still taste great. What resulted, after ten years, was Athletic Greens which is the world's most comprehensive daily formula of 100% natural whole foods for easy absorption by the body.

Finally, introducing viewers to Athletic Greens Superfood Cocktail which explains it is made from 75 whole food sourced ingredients in their natural form. Additionally, it contains probiotics and enzymes for optimal nutrient absorption and digestion. Unlike most other vitamins and nutritional supplements Athletic Greens is a comprehensive combination of whole ingredients to give its users more energy and make them feel better. Also, each portion offers twelve servings of fruits and vegetables and noted nutritionist Isabel De Los Rios, in [Benefits of Athletic Greens Superfood Cocktail](#) article, has suggested "Anyone who is considering taking just one supplement I highly recommend that it be Athletic Greens. The video again stresses the importance of making sure any supplements taken to compliment a diet are effectively absorbed by the body.

Chris "The Kiwi" explains that while food and diet are most important for improved overall health and nutrition using a supplemental vitamin can provide people with nutritional insurance. As a renowned fitness authority he developed Athletic Greens to meet his needs and to stop wasting money on all the ineffective vitamins that were previously

available. Athletic Greens can help people who are overwhelmed by all the vitamin and supplements available by combining them all into an easy to absorb and great tasting product.

The full video further explaining current vitamin practices and Athletic Greens uniqueness can be viewed here:
http://www.youtube.com/watch?v=u8_cM3yxfBc

To learn more about Athletic Greens or to get a risk free trial visit: <http://AthleticGreens.com>

About: Athletic Greens has been carefully formulated by doctors and nutritionists, after more than ten years of research, to deliver essential nutrients with an easy to mix powder and naturally sweet taste. It is the world's most comprehensive daily formula for superior health and athletic performance. The company, founded in 2009, calls it the Superfood Cocktail, but an alternative definition, could be The Ultimate Nutritional Insurance Policy. Athletic Greens is designed for those who want to take their health, energy, immunity, and fitness to the next level.

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