More Important than a Daily Multivitamin

Rick Porter March 23, 2014

More Important than a Multivitamin?

Health Nutrition News looks into the best supplementation options for people looking to get improved health and reduced inflammation.

(Newswire.net -- March 23, 2014) Beverly Hills, CA -- In their newest video HealthNutritionNews.org reviews the claim that research is showing omega-3 supplementation to be even more important to health than taking a daily multivitamin. Not only does it have the power to protect the eyes, skin, joints and central nervous system but also it boosts immunity, reduces inflammation, and improves brain function making it one of the most effective supplements to consume. Many of the best multivitamin benefits are received through the powerful antioxidant astaxanthin found inherently in krill oil supplements as well as many other omega-3 sources.

Health Nutrition News explains that astaxanthin is found naturally in orange or red fruits and vegetables, dark leafy greens, wild salmon, trout, and krill. In order to get the multivitamin benefits of astaxanthin in a diet an individual to consume pounds of these foods daily. Many omega-3 supplements, krill oils specifically, can also be supplemented for a vitamin for weight loss advantages. However, there is no reason to take astaxanthin as a single supplement because getting high-dose supplementation can actually have negative effects on health, yet it is still advantageous to include into daily nutrition plans. HealthNutritionNews.org considers krill oil supplements that contain astaxanthin and the inflammation reducing fatty acids EPA & DHA the best multivitamins for men and women.

Health Nutrition News indicates throughout the video that when looking at krill oils only consider a supplement that provides higher levels of DHA to ensure the greatest health benefits. This is a result of recent research that clearly shows DHA to be the king of Omega-3 fatty acids and much more important and critical to health than EPA is. Lastly, ensuring that the product has protection from rancidity is equally important as rancid oil is extremely inflammatory and will actually cause much more damage to the heart, skin, and joints.

Even those who do their best to follow a healthy diet could likely benefit from taking a supplement as insurance against nutritional gaps in their diet. In order to receive the optimal health benefits it is suggested that individuals choose omega-3 supplements over nature made vitamins. In their video HealthNutritionNews.org mentions when considering what vitamins should heath watchers take to look into omega-3 supplements for their additional health benefits.

They have a video review on their recommened omega-3 supplement that contains astaxanthin and can be viewed here: https://www.youtube.com/watch?v=e1kKdjfhlE0

Health Nutrition News is offering a free e-book that discusses the best and worst heart foods and contains more information about a krill oil that contains the powerful antioxidant astaxanthin. It has been made available here: http://healthnutritionnews.org/omega-3-krill-oil.

Other Recent Health Nutrition News included a new information on the best smoothie diet for weight loss.

Source: http://www.newswire.net/newsroom/pr/00080842-omega-3-better-than-multivitamin.html