

Getting the right nutritional supplement

GO into a pharmacy or drug store. Take a look at nutritional supplements and vitamins available. There are shelves upon shelves of bottles with a myriad of formulations, terminology and claims in their labels. How do you decide which is the one that will optimize your health? Do you simply take the supplement your friend is taking? Hey, this bottle claims to be "natural" ... does it mean it's more suitable for you? Wait a minute, this brand is on discount! Should you just buy that instead?

If you are unsure about the most suitable supplement for you, you're not alone. It is a jungle out there - the world of nutritional supplements can seem bewildering.

Getting some expert advice



Lyle MacWilliam
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That's where Lyle MacWilliam comes in.

Mr. MacWilliam is a former Member of Parliament and Member of the Legislative Assembly for British Columbia, Canada. Trained

as a biochemist and kinesiologist, Mr. MacWilliam conducted research on the biological properties of antioxidants. He examined what happened to heart cell membranes after radiation damage and studied the effects of exercise and dietary supplementation with vitamin E. In 1999, he also served in an expert advisory board that helped the Canadian federal health authorities develop a new regulatory framework to ensure the safety, effectiveness and high quality of nutritional products.

Recently, Mr. MacWilliam took on another mammoth task to bring some sense to the nutritional supplements jungle.

What you should look for in a good quality supplement

The answer lies in his book, *Comparative Guide to Nutritional Supplements*.¹ He analyzed the extensive recommendations of seven world-renowned nutritional authorities to this question and pooled their figures to create a *Blended Nutritional Standard*.

With this benchmark, Mr. MacWilliam reviewed more than 1,000 nutritional products in North America in a comparative study. Only 508 products met the qualifying criteria he set. The efficacy of these products in advanced nutritional supplementation was then rigorously assessed against the *Blended Standard*, using 14 criteria Mr. MacWilliam developed based on the scientific evidence available in medical literature:

- Bioavailability of vitamin E:** How biologically active is the vitamin E after the product is taken?
- Completeness:** Does the product contain all the nutrients in the *Blended Standard*?
- Potency:** How potent are the nutrients in the product?
- Antioxidant triad:** Does the product contain vitamin E, C and beta-carotene at the levels recommended by the *Blended Standard*?
- Glutathione support:** Does the product allow for glutathione synthesis, which can protect the body from disease-causing free radical damage?
- Metabolic support:** Does the product contain nutrients that can help the body generate, store and utilize energy?
- Cardiac health triad:** Does the product contain vitamin E, coenzyme Q10 and magnesium to protect your heart health at the levels set by the *Blended Standard*?
- Homocysteine reduction triad:** Does the product help reduce homocysteine, a risk factor for heart attacks?



- Bone health:** Does it contain the pre-requisite nutrients for bone health?
- Phenolic compound profile:** Poly-phenolic acids and their derivatives have been associated with a reduced incidence of coronary heart disease - does the product contain the recommended potency of such nutrients?
- Bioflavonoid profile:** Does the product contain bioflavonoids that meet or exceed the *Blended Standard's* recommendations?
- Bioavailability:** How easily are the minerals made available in the body after they have been ingested?
- Lipotropic factors:** Does the product contain nutrients such as choline that can prevent fatty deposits in the liver?
- Potential toxicity penalty:** Does the product contain excessive levels of vitamin A and iron?

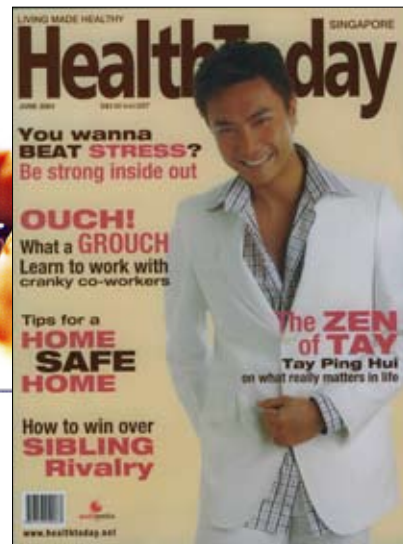
Top product overall

Out of more than 1,000 nutritional products reviewed in Mr. MacWilliam's comparative study, *Essentials (U.S.)*, the flagship product of **USANA Health Sciences**, emerged as the overall leader.



Mr. MacWilliam's scientifically rigorous comparison has established *Essentials* as the product that contains the most optimal daily intake of vitamins and supplements in North America. **USANA** meets the Good Manufacturing Practices (GMP) for its pharmaceutical grade products. For more information about **USANA Health Sciences**, please go to www.usana.com.

¹ MacWilliam L.D. *Comparative Guide to Nutritional Supplements: A compendium of products available in the United States and Canada*. Vernon, British Columbia: Northern Dimensions Publishing; 2003.



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