

# Why Your Supplements Are No Good

and What You Should Be Looking For Instead



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## The Problem With Supplements Today

Unfortunately, the supplement industry is not well regulated and you most likely are not getting what you think you are getting. There are two big issues with supplements right now: very often times what is on the label is not what is in the bottle, and the form of your supplement is not being absorbed by your body. Let's break these two things down further.

Most supplement companies test their products in the beginning stages, before they have been partially degraded by the manufacturing process. This makes the supplement look way better on the label than it is in real life. Buying your supplements from a health foods store or GNC does not save you here. They fall victim to the same trap as the grocery stores and Amazon do.

Vitamins and minerals come in many different forms. Some forms are wonderfully absorbed by your body and do you a lot of good, others are hardly absorbed and most of it is excreted from your body without being used. Retailers either don't know what forms are good or they don't care and sell you the cheapest product possible. As for other supplements, are they coming from organic sources or are they pesticide laden and making you even more sick?



If your supplements look like this then we have even more to talk about. This is an inflammatory mess. No body will benefit from this.

Nutrient	High Quality	Low Quality
B6	Pyridoxine-5-phosphate	Pyridoxine
B12	Methylcobalamin	Cyanocobalamin
Carotenoids	Mixed carotenoids	Beta-carotene only
Vitamin D	Cholecalciferol	Ergocalciferol
Vitamin E	Mixed tocopherols	DL-alpha tocopherol
Folate (B9)	5-methyltetrahydro-folate	Folic acid
Riboflavin (B3)	Riboflavin-5-phosphate	Riboflavin

Use this chart to see how good your multivitamin really is and to find an acceptable replacement. No product is perfect but try to find one with the most high quality forms as possible.

## The scoop on vitamins

A multivitamin is an essential and I will argue that everyone should be taking one. Even if you have the most superb diet in the world, at the end of the day our soils are depleted of nutrients which makes our foods not as nutrient dense as they once were. The problem is that a lot of vitamins are made and not grown. The synthetic version comes in many different forms and are not all as bioavailable to the human body as the natural form is from whole foods. If you are not absorbing a nutrient, then your body is not using it and you are just wasting your time and money. This is why you may not feel any different taking *your* multivitamin vs not taking it.



## Herbs and whole foods supplements

Herbs and whole foods supplements are wonderful because they contain the most bioavailable forms of nutrients because these are what humans have evolved to consume. Be careful though, do your research and make sure the ingredients are coming from organic sources. Pesticides and the like will do just as much damage, if not more, than the amount of good the supplement is doing.

## Minimal Minerals

Minerals, like most elements on the periodic table, need to be bound to something else in order to be a stable molecule in nature. The thing that the mineral is bound to (the substrate) dictates how well absorbed it is and what it does in your body. The substrates oxide, gluconate, carbonate, and sulfate are minimally absorbed in your body and should be avoided. Instead look for the substrates citrate, malate, glycinate, bisglycinate, aspartate, picolinate, and taurinate as these are well absorbed and will do your body good.

## Where to get them

Every once in a while you will find a quality supplement on the shelves of your local store. However, for the most part the best supplements are only available through a physician. Online dispensaries like Fullscript and Wellevate are a great place to find just what you are looking for at the best quality. These supplements have been third party tested and have certificates of analysis to back them up. Visit

<https://www.drjasonwinkelmann.com/dispensary> to save 10% off all your orders and to get free shipping when you spend \$50!

