

# BRIEF NOTES ON NATURAL SUPPLEMENTS

Eating a well-balanced diet is the best way to maintain your natural energy levels.

There are many supplements you can turn to for an energy boost. These things are not always possible and especially when balancing the demands of life.

## Iron

The body needs iron to make hemoglobin. This is a protein in red blood cells.

It transports oxygen from your lungs to the organs and tissues throughout your body.

Red blood cells cannot carry oxygen to the body's tissues without adequate levels of iron.

This results in iron deficiency anemia, which may leave you feeling fatigued and weak.



Causes of iron deficiency anemia include:

- The richest sources of iron in the diet include meat and seafood. For this reason, iron requirements for vegans are 1.8 times higher than for people who eat meat.
- More than half of your body iron is in your blood.
- Thus, blood loss through heavy periods or internal bleeding can deplete levels.
- Pregnant women need twice as much iron to support normal fetal growth. Unfortunately, about half of all pregnant women develop iron deficiency anemia.



Iron supplement corrects a deficiency and avoids complications. Complications such as anemia and including fatigue.

There are health risks from the iron intake.

Red blood cells need iron to transport oxygen to your body's tissues.

Lack of iron, oxygen delivery to the entire body is low.

This may result in extreme fatigue. A diet low in iron, excessive blood loss and pregnancy can increase iron needs.

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## **Vitamin B12**

Sources of Vitamin B12 are a variety of animal proteins, such as meat, fish and dairy products.

Many foods are also fortified with B12. This allows most Americans to meet their vitamin B12 needs.

Vitamin B12 helps transform the food you eat into energy that your cells can use.

It also keeps your body's nerves and blood cells healthy.

This helps prevent a type of anemia that can make you weak and tired.

Some populations may be at risk of a B12 deficiency.

This occurs when your body does not get enough or is unable to absorb the amount you need.

Some people's energy levels may receive a boost with B12 supplements.

People who may be at risk of deficiency are as follows;

Conditions that affect the gastrointestinal (GI) tract.

They may interfere with the body's ability to absorb B12.

Approximately 10 to 30% of adults over the age of 50 have difficulty absorbing vitamin B12 from food.

This is because they produce less stomach acid and proteins. They assist with proper absorption.

Vegetarians and vegans are at risk of B12 deficiency. Animal foods are the only natural food source of this vitamin.

There is no evidence that supplementing with B12 or any of the B vitamins can boost energy in people.

Vitamin B12 plays an important role in energy production.

Aging eliminating animal products from your diet and diseases.

GI tract can all contribute to low levels of B12 and result in fatigue and weakness.

### **Beetroot Powder**

Beetroot contains a compound called nitrate, which relaxes your blood vessels.

It can increase oxygen delivery throughout your body, allowing you to exercise longer.

Beetroot powder contains a high amount of nitrate.

This allows your body to produce energy more particularly in regards to exercise.

It takes less time for athletes to get tired during exercise when they use beetroot.

Nitrate produces nitric oxide in the body. This relaxes blood vessels and increases blood flow and oxygen delivery.

Taking beetroot supplements allows people to exercise 25% longer.

Nitrate found in beetroot decreases the amount of oxygen intensities.

The less oxygen you need to exercise, the less tired you will feel and the longer you will be able to exercise.

Nitrate increases nitric oxide production in your body.

Supplementing with beetroot may also decrease high blood pressure.

The color pigments in beetroot may stain your urine or stool red.

### **Caffeine with L-Theanine**

Coffee, tea, cocoa beverages, energy drinks/sodas contain caffeine.

L-theanine is an amino acid found in tea and in some mushrooms.

It promotes relaxation without increasing drowsiness.

Many people limit or completely avoid caffeine.

It can lead to;

- Irritability.
- Nervousness.
- Restlessness.
- Crash after its initial energy boost.

Life can take a toll on your energy levels.

There are many things you can do to maintain your energy.

Consuming a balanced diet, getting enough sleep and exercising are some of them.

Many people, these things are not possible all the time.

There are many supplements and vitamins that may help boost your energy when you need it most.

Some work better for increasing energy during exercise. Others may be best when you need a quick pick-me-up.

All the supplements on this list have a well-established safety profile when used well.

Always check with your doctor or dietitian to determine if these supplements are safe for you to use.

