

What's Health Supplements - Why Are They Largely Ineffective

You're a savvy health conscious guy who believes in the importance of using mens health supplements to support your health, protect you from disease and allow you to be healthy when you're older.

BE VERY CAUTIOUS of which brand of supplement you choose!

Because almost all mens health supplements fall well short in what they contain and they FAIL on their promise to optimize your health and protect you from degenerative disease.

That's because they are manufactured to a price so the supplement companies can't afford to include what should be there. Instead they stack them full of the cheapest of ingredients.

SO WHAT SHOULD BE IN YOUR SUPPLEMENT?

Well for starters you know that vitamins and minerals must be there. But since they're the most obvious, and cheapest, ingredients I'll talk about them further down.

The most cutting edge, bio-scientist formulated supplements contain optimal amounts of special gender specific nutrients that address and protect against common health conditions that males typically encounter.

Some of these absolutely key ingredients become even more important as you age, because your body naturally produces less of them (such as L-Glutathione) and for others it is just very difficult to get enough of them from your diet at any age.

Some are powerful plant extracts, know as phytochemicals, and others are extracts from medicinal herbs (which you cannot get through your diet at all!)

That's why it's essential that you use a professional grade, wide spectrum, gender-specific nutritional supplement which contains ALL of these vital ingredients. (Many of which are listed in this article.)

And that's the key difference between the market's most power-packed supplements and the rest.

As I mentioned above almost all mens health supplements are largely *ineffective* and do not live up to their manufacturers claims.

This is because they don't contain many, and in numerous cases *none at all*, of these critical disease busting specialty nutrients.

WHAT SHOULD THESE SUPERSTAR NUTRIENTS BE ABLE TO DO?

When it comes to mens vitamins there are three huge concerns that **MUST** be holistically addressed:

enlarged prostate (BHP)

prostate cancer

breasts

Yes breasts!

Your levels of testosterone will gradually decline once you reach your mid twenties.

Some men begin to notice symptoms of this in their thirties while others may not become aware of the decline until into their 50's. It's a very individual situation.

So, less testosterone is produced and a significant proportion of this is **converted to estrogen** with various negative results.

Too much estrogen plays havoc with your sex life as does too little testosterone!

With increased estrogen levels, men begin to develop breasts (aka 'Man Boobs') and suffer from decreased masculinity.

In fact most men fifty and over have greater estrogen levels in their bodies than their female partners because of this phenomenon!

So the way to maintain a healthy level of testosterone is:

1. To reduce the amount that is converted to estrogen
2. To help stimulate the body to increase its own production of testosterone

INTRODUCING CHRYSIN - THE FIRST STAR INGREDIENT FOR EFFECTIVE MENS HEALTH SUPPLEMENTS!

Chrysin is a bioflavonoid and natural aromatase inhibitor. This means it helps **inhibit testosterone conversion**.

Vitamins for men must include Chrysin in their formulas and it's vitally important that you don't forget to check the potency. Low potencies are ineffective and a waste of money.

Look for Chrysin at 90% or above potency.

MORE KEY NUTRIENTS

Because of the serious and common prostate problems experienced by men you will need A *FULL TEAM OF POTENT PROSTATE PROTECTORS* in your supplement.

I'm sure you already know that prostate problems are a very serious concern for men.

Did you know that prior to their 59th birthday, 1 in 2 guys will experience PBH (enlarged prostate). Just consider that statistic for a moment! One in two! Or **50%!**

And prostate cancer is extremely scary since it's one of the deadliest diseases among men and the success rate of conventional medicine cures is estimated at only 20 – 30% (with many negative pharmaceutical drug side effects).

So, which are the best nutrients to protect your prostate?

Let's start with Zinc!

You'll find Zinc in all mens health supplements but nearly always as Zinc Citrate.

Zinc Citrate is a helpful nutrient but what absolutely must be there is a generous dose of **ZINC ASPARTATE**.

What supplement users don't know (and can't be expected to know) is that these two different biological forms of Zinc follow different metabolic pathways and **ONLY ZINC ASPARTATE travels direct to the prostate where it is needed!**

There are several other clinically established nutrients which are effective for good prostate health :

Beta Sitosterol

Corn Silk Extracts

Lycopene

Saw Palmetto

Resveratrol

Quercetin

In order to get powerful prostate protection and practice preventative health care against cancer and the other nasty prostate complications you need to use a multi ingredient supplement that contains *ALL* of these ingredients.

Not just one or two which is the norm.

VITAMIN AND MINERAL FACTS

The first thing to understand when talking about vitamins and minerals is that 'more is not better'. Apply this slogan instead to your daily intake of fresh, raw vegetables and fruits.

I've reviewed hundreds of nutritional vitamin supplements and can tell you that a majority of them are loaded with over the top amounts of vitamins and minerals under the guise of "optimal amounts".

This is a rip off!

Yes, a supplement should provide a full spectrum of all vitamins and minerals, except iron which is a *pro-oxidant*.

But you absolutely don't need a supplement full of high doses of vitamins and minerals!

Many of the so called best vitamin supplements are around 70 - 80% comprised of cheap vitamins and minerals

This includes many of the really well-known, up-market products with expensive price tags.

Don't let manufacturers suck you into paying grossly inflated prices for cheap ingredients!

Vitamins are the cheapest ingredients for supplement manufacturers to include.

Good old vitamin C (ascorbic acid) costs around \$15 per kilo.

Manufacturers love to stash 500 mg or even 1000mg and more of vitamin C into a supplement while avoiding key ingredients, like certain phytonutrients, which cost upward of \$1000 dollars a kilo.

I know of several well known, leading mens health supplements in the US where 40% or more of their formulas are just vitamin C!

If you use one of these you're getting extremely poor value for money not to

mention far less health benefits.

The mass media has been used to bombard and scare Americans for years with the message "More is Better" and promoting the spin that high doses of certain vitamins and minerals are needed for good health.

Supplement manufacturers who do this conveniently forget to mention the *danger that comes from consuming too much of any the fat soluble vitamins* (which store in your muscles and become toxic over the long term).

And any excess of water soluble vitamins ends up down your toilet!

They display statistical graphs showing deficiencies in certain vitamins for large percentages of the population.

I don't believe for one second that health conscious guys who exercise regularly and use quality mens health supplements are part of the population demographics displayed in those statistics.

Those statistics consist primarily of low wage earners who consume poor diets (high in saturated fat/fast foods/processed foods and low in fiber and micro-nutrients) and who cannot afford supplements or are not interested in taking them.

Vitamins and minerals should be there in lower doses to act primarily as co-factors to assist other key ingredients AND to top up what you're missing from your diet. If you are diagnosed with a deficiency then you can add in extra.

Health conscious guys such as you are already taking in *reasonable amounts* of vitamins and minerals but not quite enough.

WHAT ELSE DO YOU WANT IN YOUR SUPPLEMENT?

You need a broad spectrum of efficacious ingredients from all the different types of nutrients. This will ensure you receive maximum protection against lifestyle and environmental stressors/toxins and particularly from ever increasing levels of free radicals.

Phytonutrients

Medicinal herbal Extracts

Antioxidants

Amino acids

Enzymes

Cofactors

Trace elements

Specialty nutrients

Immunity enhancers

Be sure to compare only supplements which clearly categorize ingredients under these types of headings. You want to be comparing apples with apples.

Make sure potency levels and dose amounts *ARE LISTED* for each and every

ingredient. If they're not, ask yourself 'why' would they not list this important information?

If the potencies and dose amounts are good then the manufacturer will absolutely make sure you know about it.

Be cautious of companies who hide ingredient information behind "proprietary Info" headings. That always **raises a red flag for me**.

One of the most important types of ingredients is the *immunity enhancers*.

That's because good health starts with a strong immune system which is your *first line of defense against cancer* and other killer diseases.

The most effective mens health supplements contain the most powerful (and proven) **Immunity nutrients**.

Here's a list of them:

Polysaccharides

Quercetin

Black Cumin

Olive Leaf

CoQ10

Vitamin C

Vitamin E

Beta Carotene

Zinc

Manganese

So naturally you want all of these, or at least most of them, in your health supplement.

Polysaccharides are the cutting edge Immunity powerhouses in this list but they're very expensive so if your supplement contains them then this is a real bonus. (Mine does!)

QUALITY ASSURANCE TIPS TO LEAD YOU TO THE BEST SUPPLEMENT

Here are *5 extremely important criteria* to follow when comparing mens health supplements.

These factors exemplify the difference between effective supplements that will boost your health to exciting new heights and middle of the road less effective products offering low value for money.

1. STANDARDIZATION

All herbal extracts must be 'standardized' so as to guarantee the amount of active ingredient from each herb (which can vary tremendously!)

Remember to check the potencies of all herbals when comparing brands.

Medicinal herbs are powerful disease preventing ingredients but beware of supplements using herbal extracts all of which have low potencies. Take the time to check this. It's absolutely worth your time to examine these fine details.

Many companies avoid using standardized extracts at all or *sneakily* include only some as standardized because they are significantly more expensive than non-standardized ones.

2. NO CONTRACT MANUFACTURING

A supplement company should manufacture its own products and control the manufacturing process through all stages. Contract manufacturing can (and does) open the door to a whole set of quality assurance problems, especially safety issues.

That's YOUR Safety!

A company's website should clearly set out who manufactures its products. All quality controls should be included.

If these are first class you can bet they will listed there in large print.

If not, well.....

3. RAW MATERIAL QUALITY

To guarantee the contents, purity and potency of all ingredients there must be a **CERTIFICATE OF ANALYSIS FOR EACH AND EVERY RAW MATERIAL USED!**

These certificates should be available for viewing if a customer requests.

Furthermore all raw materials must be sourced from GMP registered and audited facilities.

If this info is missing from a company's website, send off an email (but I can already tell you the answer). Once again if the answer is yes these details would be clearly spelt out on the website.

Lastly, all raw materials must be tested before being used for compliance with their certificates of analysis AND for microbiological contamination.

4. PHARMACEUTICAL LEVEL MANUFACTURING

Pharmaceutical level GMP (Good manufacturing practices) is the highest standard possible for the manufacture of mens health supplements.

This standard is way above the commonly used 'food' standard.

Very few companies manufacture to pharmaceutical level. I kid you not when I say that you *could count the ones that do on one hand!*

When considering which supplement to use be sure to check whether the manufacturer is GMP compliant at a pharmaceutical level.

One more thing to check:

Prior to releasing each batch of product a further microbiological analysis must be carried out along with a heavy metal analysis. Once again, this

protocol should be clearly set out of a company's website.

5. NO ARTIFICIAL ANYTHING

Quality mens health supplements contain absolutely no artificial ingredients and this includes any excipients (also labeled as inactives or "other ingredients") used.

This means no artificial:

Colors

Flavors

Preservatives

Fillers

Binders

And no potential allergenic substances such as lactose, gluten, wheat and yeast.

6. 100% MONEY BACK GUARANTEE - NO RIDICULOUS CONDITIONS

This last condition is one of the *most important for me*.

If a mens health supplement is truly as good as its manufacturer claims it is then there should be no reason why an unconditional money back guarantee should not be offered.

Reputable companies stand by their products and guarantees are becoming more and more common these days.

But watch out for some of the ridiculous conditions attached to money back guarantees such as "30 days". **This is a farce.**

To cure serious health problems naturally takes longer than 1 month.

In fact, I know a famous bio-scientist in Australia (with a near perfect record for curing cancer) who says that for every month a person has had a health condition it takes 1 month for the cure.)

In other words if you have had a problem for a year then it takes about a year to cure it (once you are taking in the correct nutrients AND eating a strictly healthy diet).

And even if you are fairly healthy to begin with how can you judge subtle differences to your overall sense of wellness after just 1 month.

Of course the manufacturers know you are going to wait longer than 1 month to judge your results!

The multi ingredient mens health supplement I use naturally meets all these criteria.

To discover its name please visit this page [nutritional vitamin supplements](#)

About the Author

Brett Seagrott is a health researcher who previously worked for a manufacturer in the nutritional supplement industry and is the author of

www.nutritional-supplement-truths.com In his site Brett reveals a number of industry secrets that supplement manufacturers don't want consumers to know. He has evaluated leading, well known nutritional supplements and presents fair and transparent comparisons, along with no holds barred reviews, for each of these supplements.

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