

Easing Common Ailments with Nutritional Supplements

Supplements play a vital role in supporting many body functions and offer tremendous benefits for increasing energy, easing common symptoms, , and reducing the effects of stress. Take a look at the following chart to see what vitamins and minerals can help alleviate some common conditions:

Condition	Nutritional Supplements
Arthritis pain	Multivitamin, vitamin C, vitamin E, selenium, glucosamine, ginger, turmeric
Back pain	Vitamin C, glucosamine, calcium, magnesium, St. John's wort, ginger
Colds	Zinc, vitamin C, vitamin A, echinacea, yarrow, peppermint, elder
Constipation	Vitamin C, psyllium seed, cascara sagrada, flaxseed
Fatigue	Multivitamin and mineral supplement, folic acid, Siberian ginseng, ginseng root, licorice root, vitamin B-12
Hay fever	Vitamin C, quercetin, nettles, eyebright, reishi
Insomnia	Melatonin, magnesium, 5-HTP, valerian, kava, California poppy
Poor memory	Vitamin B-12, lecithin, folic acid, ginkgo
Obesity	Chromium, magnesium, vitamin C, vitamin E, vitamin B-6
Osteoporosis	Calcium, vitamin D, magnesium, boron, red clover, nettles, horsetail
Parasites	Acidophilus, black walnut, garlic, multivitamin and mineral supplement, grapefruit seed extract, artemesia (mugwort)
Premenstrual syndrome	Calcium, magnesium, vitex, motherwort, evening primrose oil, dandelion
Sore throat	Zinc, vitamin C, echinacea, sage
Sprains and strains	Vitamin C, glucosamine, magnesium, St. John's wort oil
Stress	B vitamins, vitamin C, vitamin E, calcium, magnesium, Siberian ginseng, California poppy

