



## Yoga Journal Magazine August 2017

Q A

## What are the most important contraindications I should know about?

Some vitamins and herbs can compete with each other for absorption and interfere with certain medications, says Torkos. To avoid doing more harm than good, if 's trucial to talk to your health care provider about everything you're faking. Keep these important contraindications in mind:

If you're taking a blood thinner, avoid supplements that have an additional blood-thinning effect, such as vitamin E, high doses of omega-3 fatty acids, and Cinkgo biloba. It's also smart to avoid vitamin K, which can affect how certain medications work.

If you're planning on spending long periods of time in the sun, avoid St. John's wort, nlacin, and vitamin B<sub>y</sub>, which all increase photosensitivity and may cause sun-related skin reactions, such as rashes, says Torkos.

If you suffer from small intestinal backerial overgrowth, avoid probiotics and prebiotics. They may overcrowd your gat with backeria and make your gas problems worse, says Gerard Guillory, MD, an integrative physician who specializes in irritable bowel syndrome and leaky gut.

Are there tricks for making supplements work better?

Islae Them with a meal rather than on an empty stomach. 'A balanced meal that includes protein, carbohydrates, and tas stimulates optimal ead secretion in the stomach, which is critical for extracting nutrients from your supplements and absorbing them,' says Lauri Wright, PhD, an assistant professor of nutrition at the University of South Florida College of Public Health. What's more, some vitamins and minerals work exceptionally well when parted together. Here, Wright shares three ideal combos:

1. The REON WITH VITAMIN C. The additional product that contains the provide that contain vitamin ( thight Serries,



citrus, or even apple cider vinegar) make iron easier to dinest.

TAKE CALCIUM AND MAGNESIUM WITH VITAMIN D. Your body can't absorb calcium or magnesium without sufficient ulbarnin D. which also enhances your kidneys' ability to break down and reporte calcium that would otherwise be excreted.

FATSOCUBLE VITAMINS (A, D, AND E)
MISSOLVE IN FATS AND OILS. For better
absorption, take them with foods that contain
a small amount of healthful dietary fat, such
as nuts, olive oil, or avocado.

## 10 STAND-OUT SUPPLEMENT COMPANIES

American Health This specialty-supplement manufacturer's vitamin C formula is the result of years of research on enhancing vitamin C absorption, so the immune-boosting, water-soluble vitamin can stay in white blood cells for up to 24 hours.

» Boiron Environmental stewardship is a big focus for this company, which uses wild-harvested plant species and resupplies wild and organically farmed plants whenever possible. It also focuses on fair-frade practices and responsible packaging.

• Country Life With one of the first facilities in the industry to be registered by NSF International for Good Manufacturing Practices, this company maintains strict quality control for its gluten-free supplements.

» Emergen-C This brand donates to causes that benefit both the community and the environment, such as Charity: Water, a nonprofit that brings clean, safe drinking water to rural communities worldwide.

• Gaia Herbs Looking for transparency? Through its "Meet your Herbs" platform, Gaia shares the results of its quality lests online. Type in the herb ID (bound on the product packaging) to learn about individual ingredients in your supplement.

• MegaFood With a commitment to making supplements from whole-food ingredients sourced from family-owned farms, all of MegaFood's supplements are certified vegetarian and free from gluten, dairy, soy, CMOs, pesticides, and herbicides.

New Chapter Quality ingredients are a top priority for this company: Its fish oil comes from sustainably sourced, wildcaught Alaskan salmon, and its reishi mush room supplements have been DNA tested, ensuring you're getting a beneficial strain.

NOW. This family-owned company does more than 16,000 quality tests on materials and finished products each month to ensure all supplements are safe from contamination and ingredient substitution.

Rainbow Light Bottles made from 100-percent recycled materials are FDAapproved and BPA-free, helping the company keep approximalely 10 million plastic bottles from poliuling waste streams and natural habitats each year.

• Solgar To make its supplements access ble to people with religious dietary restrictions, Solgar works with certification agencies to ensure some of its products have kosher and Halal certifications.

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