

Top Dietary Supplements

To maintain the good health and body people are working much on their body and physique. In this context dietary supplements can be very helpful in keeping the body in healthy condition and hence making lifestyle active. So if you consider your health at the highest propriety then go for the selection of right supplements which could boost up your body.

But before going for the intake of these supplements, you must have some knowledge about these dietary supplements. This will surely help in determining which the top dietary supplement is and which is most beneficial for your body. So here is the list of some of the top dietary supplements: -

1. Vitamin B-complex

These are water soluble vitamins. They include: -

- riboflavin (vitamin B2)
- thiamine (vitamin B1)
- niacin (vitamin B3)
- pantothenic acid (vitamin B5)
- pyridoxine (vitamin B6)
- folic acid and biotin
- Useful in energy production.
- Metabolic processes.

2. Calcium

- It is the most essential mineral for the human body and also present in abundant quantity.
- It can be found in teeth and bones.
- Important function of calcium are:

i.) Clotting of blood

ii.) Contraction of muscles

iii.) Nerve cell signal transmission.

3. Co Q10

Main function is to transform food into ATP, which is required by the body to run the body. Act as an antioxidant which provides protection against muscle damaging muscles.

4. Glucosamine and chondroitin

They are considered as the building blocks of the connective tissue. Effective in the treatment of osteoarthritis.

5. Iron

It contains hemoglobin which carries oxygen and hence helps in storing oxygen in muscles. It helps in the circulation of the oxygen throughout the body.

6. Multiple vitamin-mineral supplements

Also called as MVM's, help in offering a variety of the other nutrients. Therefore they contain unnecessary and necessary nutrients.

7. Soy

Provides essential amino acids and also is a low amount of fat and cholesterol.

8. Vitamin A

Main uses of are:

- Helps in production of cell.
- Helps in maintaining vision.
- Helps in reproductive function.
- Helps in the development of fetus and embryo.

9. Vitamin C

- Helps in preventing the heart diseases.
- Protect the body against the radicals.
- Helps in healing the wound.
- Also increases the liver bile production.

About the Author

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