

## Vitamin and Herbs Supplies - A Beginners Guide

When you are looking for the best places to obtain your vitamin and herbs supplies, you should be careful to ensure that you are getting the best information. Unfortunately, there are a lot of so called experts that do not have either the experience or qualifications to even begin to give you the best advice. Generally however, there will be evidence of their qualifications somewhere in the premises that will give you some assurance that you are in the hands of a professional. Another word of caution here, if the qualification is on display, read it with a little more care. I have visited some businesses that have created these themselves. Usually it is easy to pick the dubious ones and you will get a vibe about their bona fides.

### Where to go to get Vitamin and Herbs

There are plenty of online suppliers. One of the best and one that I use frequently is the The Vitamin Shoppe, an online specialist. They are a company which has an incredibly dedicated team of workers, and one that truly and earnestly strives to their best to offer you the highest quality products and efficient service that is possible.

This does not mean that you should take my word for it. I always recommend that you visit some local businesses in your area and get some good advice first. I continually find that the information you get changes from place to place. Unfortunately there is no definitive answer as to what is the best, but I subscribe to a few newsletters that keep me up to date and enable me to reassess my position. I don't know how many times I've tried a product only to be disappointed with the results. Here are my tips on choosing the best vitamin and herbs products:

- Avoid recommendations that promise the world. It's the old snake oil approach that really annoys me and my rule of thumb is that if it sounds too good to be true, then it will be.
- Avoid claims that this or that will "cure" something. As far as I know there are no easy cures or else it would be on every news and radio bulletin in the country.
- Avoid high priced items. My reason for this is that the high price is usually coupled with a high promise as mentioned above. My view is that it will be a high priced con.

It is an unfortunate fact that a lot of the best people work in stores or businesses that give the best advice but also charge the most for the products they recommend. My view on this is to get the information about what you need first, and then check out online suppliers to compare prices. As a courtesy to the expert you have found ring them and tell them you have found the product cheaper and would they be willing to match the price. Nine time out of ten they will agree and you will have the best of both worlds.

### About the Author

Michael is the owner of [Herb Magic](#), the BEST site for all herb lovers. You will also find great herb gardening tips and healthy herb recipes and information at [www.HerbWorldBlog.com](#)

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