

# Facts About Vitamins



Vitamins aid in thousands of functions within the body. They maintain bone health, build and repair tissue, and protect nerves. Overall, vitamins play a very important role in supporting health and wellness.

When consuming vitamins, it is important to take note as to whether or not they are water-soluble or fat-soluble. Water-soluble vitamins are primarily found in fruits, vegetables and whole grains. The body uses what it needs and the rest is released through urine and sweat. Since water-soluble vitamins are not stored, toxicity is quite rare. Fat-soluble vitamins are found in animal products, grains, beans and some fruits and vegetables. Unlike water-soluble vitamins, these vitamins are stored within the fat cells to use over time. Toxicity of fat-soluble vitamins is more common, but can take up to two years to cause harm.

A key factor when taking vitamins is to determine the source. The best sources of vitamins are through fresh, natural foods. Unfortunately daily interruptions occur and can result in an insufficient dietary regimen. Because of these unavoidable circumstances, supplements often are taken to fill the nutritional gaps. In addition, some vitamins such as D and E are difficult to obtain through diet alone so supplements are needed to guarantee proper nutrition.

Many supplements are synthetic. In fact, more than 95% of all vitamin supplements fall into the synthetic category. What does this mean? Synthetic vitamins are chemically manufactured and not from natural resources. In turn, they lack critical transporters and co-factors of naturally-occurring vitamins. They also are more concentrated and can cause toxic buildups in the body, especially with synthetic, fat-soluble vitamins.

## This Spring: Get Your Daily Intake

Drucker Labs offers two complete dietary supplements that contain vitamins extracted from nature. intraMAX®, Drucker Labs' flagship product, has over 415 ingredients including 80 vitamin sources. intraKID®, specially formulated for growing children, contains over 215 ingredients with 62 vitamin sources. These perfectly-balanced, liquid supplements use a unique carbon-bonding process to ensure maximum absorption of the products' quality ingredients. This process allows the body to consume the daily recommended dosage of vitamins and other essential nutrients in just one ounce a day. These supplements are great-tasting, convenient, and instrumental in achieving a healthy lifestyle.

[Click here](#) to learn more about the Drucker Labs' intraLINE products.

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**Examples of water-soluble vitamins:** Thiamin, riboflavin, niacin, biotin, pantothenic acid, vitamin B6, folate, vitamin B12 and vitamin C

**Examples of fat-soluble vitamins:** vitamin A, vitamin D, vitamin E and vitamin K

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