



## “Low Intake of Vitamins Linked with Chronic Diseases” by Dr. Sultan H. Rahaman

There are those of you reading this article who view your diets as well-rounded and meeting all general aspects of the basic food groups and generally recommended daily allowances. Unfortunately, common knowledge on nutrition, including that of a good portion of healthcare professionals, is far behind the scientific research.

Even the most comprehensive and specifically planned nutritional regimens can be lacking. Normally, the more specialized needs a patient has, the greater the importance of daily supplements. Furthermore, scientific research has overwhelmingly suggested that almost everyone needs daily nutrient supplementation.

Overall, the inadequate intake or lack of absorption of vitamins contributes to vitamin deficiency. One example of this occurs with the body's need for folic acid or folate. Folate is used to control homocysteine levels (related to cardiac health) as well as issues such as the prevention of birth defects. The FDA recommends a daily intake of at least 400ug of folate. It is important to note that 400ug of food-derived folate has not been proven to have the listed beneficial effects, whereas 400ug of supplemental folate has. For that reason, supplementation is essential to ensure desired benefits of folate.

According to the results of a June, 2002, American Medical Association review, less than optimal vitamin consumption in Western societies is commonplace resulting in many chronic diseases. In addition, many studies have concluded that proper multivitamin supplementation can reduce the risk of cardiovascular disease, cancer, osteoporosis, and even vision loss (to name only a few).

The evidence is clear: Daily vitamin supplementation is the key to a long, healthy life. The next issue becomes which product provides the proper nutritional supplementation to take full advantage of available extensive scientific data.

Based on my decades of knowledge and experience on the subject of nutrition, I have placed my health in the hands of the AmeriSciences line of products. The quality, effectiveness and safety of the AmeriSciences nutraceuticals are unsurpassed in my experience. The AmeriSciences Men's and Women's Master-Multi daily packs can be relied upon to provide you with the basic foundation for your long-term good health. These two products provide generous quantities in line with the results of many scientific studies to optimize their effects. In addition to a long list of basic vitamins and minerals they provide, AmeriSciences has added many ingredients that effectively target severe health issues. These include (but are in no way limited to):

- Lutein and astaxanthin to provide protection against macular degeneration of the eyes.
- Ginkgo Biloba and Ginseng for improved energy, microvascular circulation, neurological, and male sexual performance.
- Omega-3 fatty acids to help reduce the risk of sudden cardiac death, improve lipid profile, and even osteoarthritis.
- Lycopene to help reduce coronary artery disease and aid in prostate cancer prevention (men).
- Saw Palmetto to aid prostate gland/urinary health (men).
- Vitamin B6, Soy Iso-flavones, Black Cohosh and Dong Quai extract to help premenstrual syndrome and menopausal symptoms (women).

My determination is that because of these state-of-the-art ingredients, the AmeriSciences Master-Multi products should be used by every adult, providing improved health and wellness as well as protection against cardiovascular and other chronic diseases.



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