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## What Are The Best Vitamins?

### Look For “Standard Process” On The Label

The popularity of food supplements has grown, but their labeling requirements remain lax. The industry has created the terminology Standard Process for herbs which almost guarantees their potency, but the quantities and qualities of various vitamin and mineral formulas is suspect.

### Herbs and Drugs That Do Not Mix!

Additionally, people are taking large dosages of these products while taking prescribed medications *which possess a danger*. Some of the more popular natural remedies create deleterious effects when combined with drugs for the same purpose. Here are a few examples:

- ◆ **St. John’s Wort**, commonly used for depression, can alter drug metabolism and intensify or prolong the effects of some narcotic and anesthetic agents.
- ◆ **Anise, Feverfew** and **Dong Quai** have demonstrated an anticoagulation effect along with high dosages of Vitamin E, alfalfa and Coenzyme Q10.
- ◆ **Ginseng biloba**, touted to improve memory and increase blood circulation, may reduce platelets.
- ◆ **Evening primrose oil**, when taken by a patient already on epileptogenic agents, can actually increase seizures.

There are natural pills that have been proven effective, some of which I recommend. The newest, and I have prescribed it to lower cholesterol, is red yeast rice. Its ingredient monacolin K inhibits the production of cholesterol by reducing a key liver enzyme. It has been used in China since 800 A.D.

### Fast and Easy Health Survey

With as many as 72% of the US population with broadband access to the internet, I would like to mention, again, the very easy to fill-out and useful Harvard University website and health questionnaire [www.myhealthstatus.Harvard.edu/](http://www.myhealthstatus.Harvard.edu/). Only a few minutes of your time to answer the questions will give you a good idea what your general health status is and where you may need to improve.

In Health,

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