

NEW YOU

SPECIAL REPORT

SUPPLEMENTS – FOR PEOPLE OVER 30

As we age, our bodies go through many changes, including changes in how we process and absorb nutrients from our food. While balanced eating habits are essential for maintaining good health, sometimes it may not be enough to meet our nutritional needs, especially as we get older. In such cases, dietary supplements can be an effective way to ensure that we get all the nutrients our bodies need to stay healthy and strong.

Supplements are products that are designed to supplement, or add to, the nutrients that we get from food. They come in many forms, including pills, capsules, powders, and liquids, and are available in a wide range of doses and combinations and for a variety of needs.

While supplements can be useful for people of all ages, they are particularly important for people over the age of 30. As we get older, our bodies become less efficient at absorbing nutrients from food. This can be due to a variety of factors, including changes in digestive enzymes, decreased stomach acid production, and changes in the way our bodies process food.

Additionally, as we age, our nutritional needs change. For example, older adults may require more calcium and vitamin D to help maintain bone health, and more vitamin B12 to support brain and nerve function. In some cases, it may be difficult to get these nutrients from food alone, especially if a person has dietary restrictions.

Taking supplements can help ensure that we get all the nutrients our bodies need, even if we are not able to get them from food. Supplements can be particularly helpful for people who have medical conditions or take medications that can interfere with nutrient absorption, such as those with celiac disease, Crohn's disease, or who have had weight loss surgery.

However, it is important to note that supplements should not be used as a substitute for healthy eating habits. They should be used to supplement balanced eating habits, not replace them. If you find that your meals just don't seem to be doing it for you, then you may want to consider adding supplements to your daily routine.