# *Useful Information About Food Supplements*

Food supplements help us in addressing the nutrient deficiency of our body while avoiding the use of drugs. Our immune system depends entirely on the supply of vitamins and minerals to our body. Lack of vitamins A, B1, B2, B5, B12, C or E can suppress our immunity. Also deficiency of iron, zinc, selenium and magnesium can also have an adverse effect on our immune system. Thus, our body needs adequate supply of proteins, vitamins, minerals and other substances to function properly. This is why, people often opt for medicines or supplements which supply these substances to our body.

***Why opt for food supplements?***

It is a fact that people can easily opt for different drugs which can help them in getting rid of the deficiency of different substances in their body. However, these drugs are known to have a variety of side effects and they are not even effective all the time. Here are the top reasons for choosing food supplements over other drugs:

***No side effects*** - these supplements are made from ingredients which are found in nature and they do not contain any chemicals which can have an adverse effect on our body. Hence, they do not have any side effects and they can be used by people with all kinds of body conditions.

***Non addictive*** - some of the drugs used to get rid of different kind of deficiencies are known to be addictive because of which it is better to opt for natural supplements which are not addictive. Besides, they do not contain any harmful chemicals because of which people can take them on a regular basis.

***Not expensive*** - compared to drugs, medicines and different medical procedures, the food supplements are not expensive at all. Hence, they are easy on the pocket and help people in saving a lot of money. Most people can easily purchase the supplements they require to consume.

***How to purchase them?***

When it comes to purchasing food supplements, you should make sure that you are purchasing them from reputed manufacturers and suppliers who are known to sell original supplements, made from only natural substances. You should make sure that the products they sell are approved by the FDA or other relevant government bodies. You should never purchase the food supplements from any sellers who are not reputed as you might end up consuming fake and harmful products. Besides, you will end up losing your money in the process.

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