

Folic acid, a member of the B-vitamin family, is an especially important nutrient for women. If taken before and during pregnancy, it reduces the risk of the child having neural tube defects when it is born. Folic acid can also help prevent colon cancer and osteoporosis and may also be of help to those with autism. Maintaining adequate levels of this particular nutrient is crucial, as many types of medications, birth control, tobacco and alcohol can steal away your body's folic acid. A 800 mcg supplement provides approximately 200% of what your body would need in a day.

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Potassium is responsible for keeping your kidneys, heart and other internal organs operational, making it one of the most essential vitamins in the human body. It can also reduce the risk of stroke and high blood pressure and plays a key role in helping the body maintain the fluids it needs. This is why some sports drinks add potassium to their products.. While the vitamin is naturally found in many foods, it can be destroyed by cooking. This is why a potassium supplement can help your body maintain its natural stores.

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Resveratrol is an antioxidant that is naturally found in a variety of fruits and nuts,, including pomegranates, peanuts, and peaches. Plants naturally produce it to fight off harmful bacteria and microbes, to endure drought, or to provide missing nutrients when the plant cannot access them normally. Research suggests that Resveratrol may also help your body fight cancer, Alzheimer's disease, and some forms of heart disease. Other studies suggest that Resveratrol helps keep blood from clotting unnecessarily and can help prevent insulin resistance.

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Selenium occurs in trace amounts in nature, but is vital to the body. It has been shown to help fight several diseases, including cancer, thyroid disease, dementia, and heart disease. Having levels of selenium that are too low are thought to play a part in contracting Crohn's Disease and HIV. A possible reason selenium may be so potent is because of a powerful antioxidant it activates within the body, called glutathione. This powerful antioxidant performs a wide variety of functions in the body, such as strengthening the immune system and removing toxins from the body.

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