

Stacy:

Hi, FitFam. Nutrition coach Stacy coming to you today from my living room again here in West Michigan, and I wanted to talk about the three supplements that may be worth taking to help improve our immune systems, keep our bodies running at their highest peak, and keep on seeing the results that I know everyone is working so hard for.

Stacy:

So wanted first thing to say, whole foods are number one. So before I get into those three supplements, we want to keep eating our whole foods. Getting that nice variety of fruits and vegetables, lean proteins, whole grains. Those are going to give our bodies what they need. Our bodies know exactly what to do with those nutrients to help improve our health.

Stacy:

The other thing I wanted to mention as well is that before we get into these three, we do ask that you check with your doctor before starting any new supplements. This is extremely important. We don't want any medication interactions, if you're taking medications, or if you have any health conditions. We just don't want to overdo it. If you're already taking something, we just don't want the interaction. So check with your doctors.

Stacy:

And then any supplement that you begin to take, we want to look for a third party tested or verified logo on a product. That means that that product has been tested by that third party. What's in that bottle is, what it says on the bottle is what's in there. And then I'll tell you what to look for. So the three that you can find on there for the vitamins and minerals and supplementations would be USP, GMP, and NSF. So those three are going to be what we're looking for for the highest quality products.

Stacy:

So with that being said, let's get into what the supplements are. Number one is a multivitamin. A multivitamin is great to help supplement, if we think that we just need a little bit of extra boost, maybe we're missing a few things in our diets, in our whole foods, or maybe we just want to make sure our immune system is functioning at its best. So what we're looking for in a multivitamin is those immune boosters, vitamins A, B vitamins, C, D, E, and K. We want those on there and there will be a section on the bottle or whatever packaging these multivitamins are in that we want to see the percent daily value is 100%. We don't want to go too far over that 100%, that could be counterproductive in some of those vitamins, so we want to keep it around there. Because remember, we should be getting some of these in our whole foods as well, so we don't want to overdo it.

Stacy:

So we want those on there. If we get too much of it too, especially for some of the vitamins are water soluble, which means if we get to a certain our body is like, okay, that's it. And then it starts to excrete some of it. It could be a waste too, so we want to keep that in mind.

Stacy:

Now we're going to go into some other vitamins. Vitamin D is number two on the list. Our bodies utilize the form of vitamin D3, and this vitamin D is very important. It can help increase our immune system

function. Actually, if we don't get enough vitamin D, it can actually make us more susceptible for infection and disease. So we want to make sure we're getting enough vitamin D, because it also has anti-inflammatory properties as well. So we have a double bonus. With vitamin D, we can get some of this in the foods we eat. So keeping in mind that we can get it in some fish like salmon and tuna, and we can get it in fortified foods like almond milk or other plant based milks is fortified with vitamin D, as well as some juices and some regular dairy milk too. There are smaller amounts that are found in liver, in beef, in eggs or the egg yolk specifically, and then cheese, so we can get there.

Stacy:

One big, big factor in getting enough vitamin D is sunshine. So our bodies can produce vitamin D<sub>3</sub> from sunshine outside. So if you can get outside in the sun, 10 to 30 minutes a day, you are going to be creating a bunch of vitamin D for your body. Now there are some factors that affect it, such as how much sun are we actually getting, how long are we getting into the sun? It depends on even the color of our skin. For me right now, looking out my window, it's very, very cloudy here in Michigan today. So today would not be a great day to get those UV rays. Whenever you can get some sunshine, excellent.

Stacy:

Now with that said, if we're still going to supplement with vitamin D, we want to look at some recommendations for amount. For adults, an adequate amount of vitamin D every day would be 600 IUs, IUs are international units. You can see that on a label, or you might see it in micrograms. So 600 IUs, or 15 micrograms per day seems to be pretty adequate. Now we can go above that without having negative side effects. But there is an upper limit, it's called. And every supplement, every vitamin, every mineral, we have an upper limit. And that is that spot where we don't want to go above. So for vitamin D it is 4,000 IUs each day, or 100 micrograms. If we are consistently going over that amount, and maybe our bodies don't need that much, it can actually have negative consequences like calcification of our tissues, which basically means hardening of tissues, and we just don't want that happen. So again, talk to your doctor. They might have specific recommendations for this. But an adequate amount every day would be around 600 IUs, or 15 micrograms for an adult.

Stacy:

And then finally, the last supplement I wanted to mention was vitamin C. Vitamin C is that awesome antioxidant that helps kick the immune system into gear in producing those antibodies to fight off infection. So we want that vitamin C in our lives every single day. Our bodies cannot produce it on its own. It's got to come in our diets.

Stacy:

So as a reminder of those foods you can find it, the vitamin C in, would be citrus fruits, grapefruits, oranges, lemons and limes. You can get it in red bell peppers, strawberries, think fruits and vegetables. A lot of vitamin C will be found in fruits and vegetables. And there are some fortified foods, so check on your labels and see if there are, you do find some vitamin C in there as well, but that is one really good source.

Stacy:

Now with taking vitamin C, that adequate amount, again for adults, it could vary based on you and you need to check with your doctor. But the adequate amount is 200 milligrams a day. We see the most benefit around that amount. We can go higher than that. Typically, it's okay. Our bodies just get to a

point where it can't really utilize it quite as much, and so you might not have as much of a benefit from going way over. But again, the upper limit, like I had mentioned in the last vitamin, upper limit is that level we don't want to go above, because then we can see some negative side effects.

Stacy:

For vitamin C that is 2000 milligrams in a day. Once we hit that point, and it's pretty common, you can start to have nausea or diarrhea. We want to keep it lower than that. We don't need to make ourselves sick, so keep it lower, but that vitamin C will give you that nice extra boost of antioxidants as well, in addition to what you're getting in your food and if you are taking that multivitamin.

Stacy:

So just to recap right now, we want everything, most of everything to come in our whole foods. We can get our nutrients there. The next place to start is getting into a multivitamin, just to supplement your whole food intake each day. We want to keep those vitamins, especially for immune system of A, the Bs, C, D, E and K, 100% daily value so that when we're getting that in the supplement, and with our foods, hopefully we're getting an adequate amount.

Stacy:

Some times we do want that extra little boost of the immune system boosters, and so the D, vitamin D and vitamin C can be those extras that we might want to have. Vitamin D, remember you can get it in some foods, but if you are supplementing, 600 IUs or 15 micrograms per day is pretty adequate. Upper limit is 4,000 IUs, or 100 micrograms a day.

Stacy:

Vitamin C, get it. Think of fruits and vegetables in our diets. If we do need some additional to support our immune systems just to have that boost, we're looking at 200 milligrams a day is pretty adequate for an adult, or we can go up towards the 2000 milligram mark each day. We do not want to get too close or go above that because there can be some side effects.

Stacy:

So that is all I have for you today. I want to suggest and recommend that we are getting outside, getting some sunshine, eating our whole foods, controlling what we can control in our daily lives, and building our immune system to keep us as healthy as possible. So I look forward to seeing you again in future videos, and I hope you all have a fantastic day. Take care.