VitaKnowledge

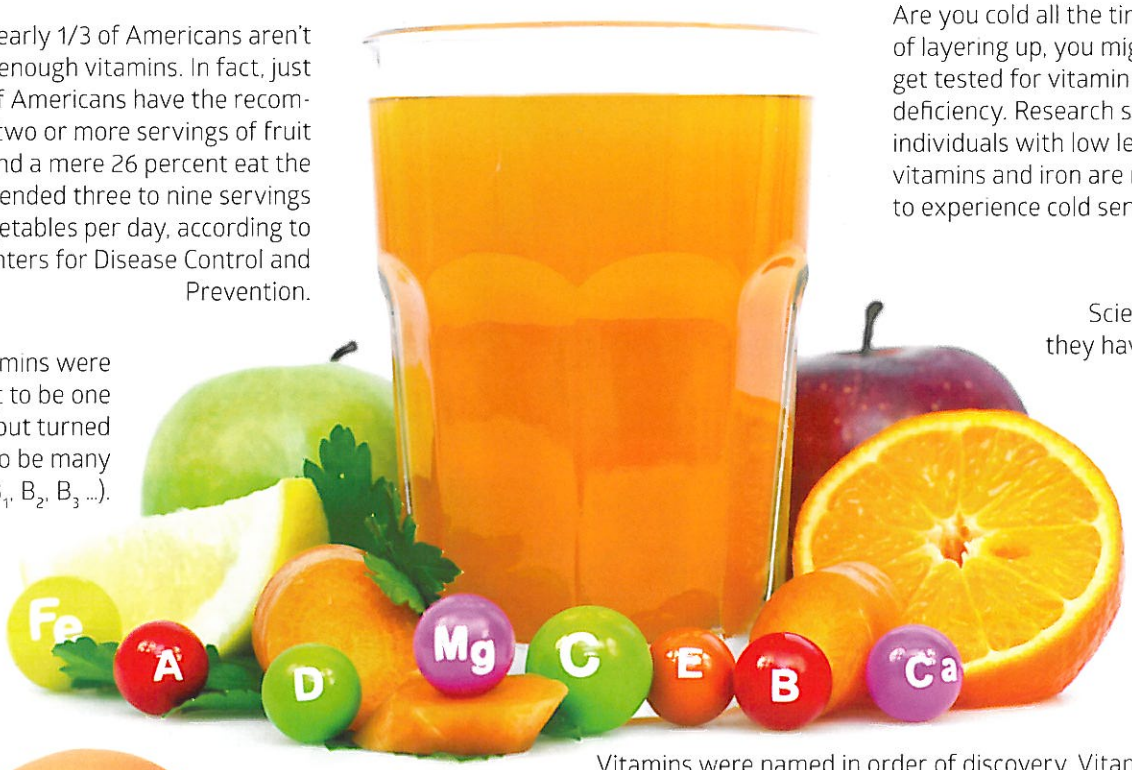
Are you vitamin-savvy? Here are some facts to help you bump up your vitamin IQ.

Nearly 1/3 of Americans aren't getting enough vitamins. In fact, just 33% of Americans have the recommended two or more servings of fruit per day and a mere 26 percent eat the recommended three to nine servings of vegetables per day, according to the Centers for Disease Control and Prevention.

Are you cold all the time? Instead of layering up, you might want to get tested for vitamin and mineral deficiency. Research suggests that individuals with low levels of B vitamins and iron are more likely to experience cold sensitivity.

B-vitamins were thought to be one vitamin, but turned out to be many (e.g., B_1, B_2, B_3 ...).

Scientists believe they have discovered all vitamins.

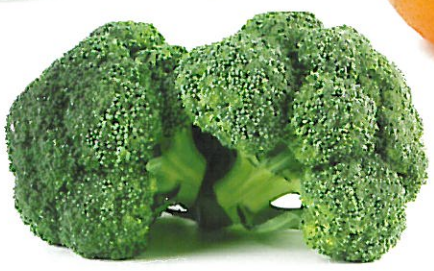


Learn more about Nature's Sunshine vitamins on page 29.

Vitamins were named in order of discovery. Vitamin A was given the first letter of the alphabet as it was the first to be discovered, followed by B, C, and onward through the alphabet. In the past there have been a number of other molecules classed as vitamins, and the letters F, G, H, M and P have all been used to signify them. However, there is no longer a comprehensive alphabet of vitamins. Some letters are used to express other micronutrients such as minerals.

The chemical name for Vitamin C is ascorbic acid. The word ascorbic means no scurvy.

Dietary fat is absolutely necessary for the body to be able to store fat-soluble vitamins, which includes vitamins A, D, K and E. These vitamins are necessary to support growth and keep bones and teeth healthy, and without the right amount of fat in your diet, your body is unable to effectively absorb them. The type of fat you eat matters, however. Before you stock up on cookies, head over to page 9 to learn more about healthy fats.



Plants and most animals can make their own Vitamin C. Humans, primates, guinea pigs, and fruit bats are the exception.

When you think of Vitamin C, you probably think of the vitamin you take when you have immune challenges. But this power vitamin does so much more! Vitamin C's primary function is to produce collagen. Collagen is a type of protein that connects and supports other bodily tissues, such as skin, bone, tendons, muscles and cartilage, and it is vital in helping to repair wounds.

Source: American Cancer Society and Mayo Clinic