

Summary# 38737

Topic: **VITAMIN** - *Natural, Synthetic*

Reference: "*Natural Vitamins May Be Superior to Synthetic Ones,*" Thiel RJ, *Med Hypotheses*, 2000;55(6):461-469.

Summary: The body is designed to extract vitamins from food sources. Vitamins originate generally in plant tissues, while synthetic vitamin isolates do not occur naturally in the diet. While United States Pharmacopoeia (USP) vitamins are synthesized, standardized chemical isolates, natural vitamins are never isolated and are always found in the form of food-vitamin complexes. Some animal and human studies show the bioavailability of natural food complex vitamins is better than that of isolated USP vitamins. Most individuals can improve their health by eating whole foods, such as fruits and vegetables and whole grains, and by reducing refined carbohydrate intake. This dietary pattern can increase the consumption of natural vitamins. Vitamin nutrition should come from foods or from food supplements that are as close as possible to food.

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