Supplemental Reading [1]

Week of:
Nov 28, 2014

To supplement or not to supplement my diet [2]

Dear Alice,

I have been seeing a lot of ads on dietary supplements and have been thinking about trying them. However, I'm not sure if it's a good idea. Could you please tell me if the use of dietary supplements is really worth it?

Signed,
Supplementally Confused

Read more [2]

What's up with calcium supplements? [3]

Dear Alice,

What is the difference between and the pros and cons of the three types of calcium: oyster shell, calcium carbonate, calcium citrate? Does one stand out for osteoporosis?

Curious about calcium

Read more [3]

Fiber supplements ? Safe to use every day? [4]

Dear Alice,

I want to get more of both kinds of fiber (soluble and insoluble) into my diet, but to be honest, it's hard to consume the amounts of fruits and vegetables you need in order to get enough fiber.

I noticed that a lot of natural fiber beverage mixes (such as Metamucil) have both kinds of fiber. Is it okay to use these to supplement one’s daily fiber intake? Is it safe to take such
supplements on a daily basis?
Thanks.
Regular

Read more [4]

**Time-release dietary supplements** [5]

Alice,

I don't really understand the way daily vitamin supplements work... I take One a Day for Women. My question is, if the vitamins you take are not time released, does your body use them the way intended or are they just a waste of time? Thanks.

Read more [5]

**Will omega-3 supplements help clear up acne?** [6]

Dear Alice,

I am 21 and have had consistent acne. I have tried topical creams (benzoyl peroxide, Retin-A, and topical antibiotics; as well as oral antibiotics for a number of months before). But, the acne keeps coming back.

For acne, does taking omega-3 fish oil supplements help? If so, how does it help, for what length of time should it be taken, and how many milligrams should one take?

Read more [6]

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