

Everything You Wanted to Know About Nutritional Supplements But Were Afraid to Ask

By: Igor Klibanov

- When are vitamins, minerals and amino acids beneficial?
 - Only when deficiency is present. No deficiency, no benefit (and sometimes, outright harm)
- Vitamin D deficiency is likely if you live north of Los Angeles.
 - Dangers of vitamin D excess:
 - Loss of bone density (yes, both too little and too much vitamin D can cause bone loss)
 - High blood pressure
 - Muscle weakness
 - Soft tissue calcification
 - Kidney stones
- B vitamin deficiency is likely if you:
 - Drink excessive alcohol
 - Take certain prescription medications
 - Have malabsorption disorders
- Zinc, carnitine, carnosine, vitamin A and B12 deficiencies are likely for vegetarians and vegans.
- Multiple nutrient deficiencies are likely in IBD (inflammatory bowel disease)
- How to evaluate clients' supplement needs:
 - Step 1: Symptom and health questionnaire
 - Step 1A: Objective tests (blood tests, performance tests, etc.)
 - Step 2: Take the relevant supplements for the appropriate duration
 - Step 3: repeat steps 1 and 1A
 - Lab test:
 - Organic acids profiles
 - Amino acids profiles
- How to evaluate supplement quality:
 - What form is the nutrient (EX: magnesium oxide vs. magnesium glycinate)?
 - Less bioavailable vs. more bioavailable
 - Dosage: is it a clinically effective dose?
 - Synergy: nutrients that support each other
 - Balance: nutrients that need to be in the right ratio relative to each other (ex: calcium and magnesium, zinc and copper, etc.)
- Top 10 supplements Igor recommends most frequently:
 - Multivitamin
 - For joint pain (osteoarthritis):
 - Curcumin
 - Type 2 collagen
 - SAME (s-adenosylmethionine)
 - For high blood pressure:

- Magnesium
 - Powdered fruit/vegetable drinks
 - For high blood sugar:
 - Milk thistle
 - For insomnia:
 - Magnesium
 - For fat loss, muscle gain, bone density improvements:
 - Protein
 - For PMS:
 - B complex
 - For digestive issues:
 - Digestive enzymes
- Drug-nutrient interactions:
 - Oral contraceptives deplete B vitamins.
 - Supplementation with B vitamins may decrease side effects associated with OCs
 - Statins (cholesterol-lowering medications) deplete Coenzyme Q10
 - Supplementation with CoQ10 may decrease side effects associated with statins
 - Anti-depressants deplete melatonin and sodium
 - Antacids deplete iron, B12 and vitamin D
 - Anti-hypertensives may deplete potassium and CoQ10

Additional Resources

<http://www.fitnesssolutionsplus.ca/blog>

About the Presenter

Igor Klibanov has been selected as one of the top 5 personal trainers in Toronto by the Metro News newspaper, and now, he is the CEO of his own personal training company, Fitness Solutions Plus. Together, with his team of fitness professionals, he works with NDs to help their patients get better clinical outcomes.

Igor is the author of 8 different books on exercise and nutrition, including *The Mental Health Prescription*, *High Blood Pressure Reversal Secrets* and *Type 2 Diabetes Reversal Secrets*.

Igor is a sought-after wellness speaker, having worked with RBC, Investors Group, Sunlife, IBM, and many others.

If you would like to learn more about Igor, visit <http://www.FitnessSolutionsPlus.ca/can-fit-pro>