

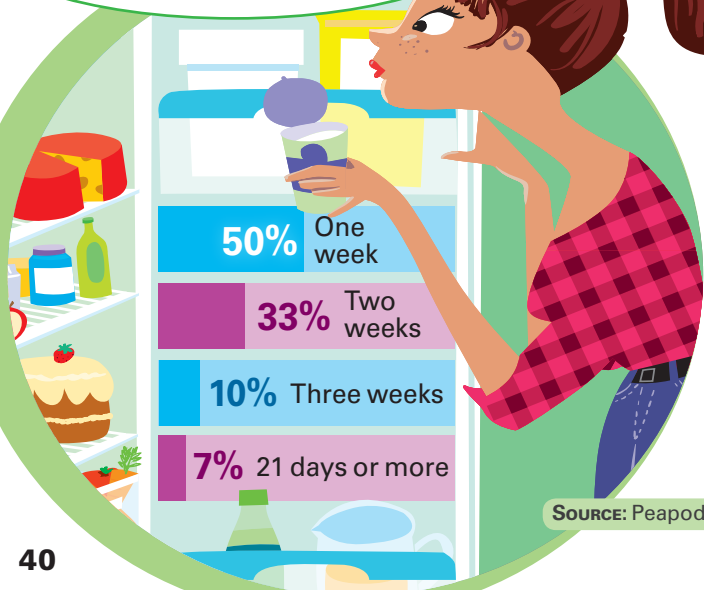
# News: Vitamin “oops” that cheat your health

Sure, you're willing to shell out a little extra for vitamins that keep you looking good and feeling great. But experts caution that the wrong form of three vitamins could do more harm than good

Every other week, we hear conflicting reports on the benefits of nutritional supplements—some studies and experts say supplementing is the key to sky-high energy, sunnier moods and a slashed risk of conditions ranging from diabetes to depression; others insist vitamins do little more than give us “expensive pee.” So which side is right? Both—sort of. “Vitamins and minerals are essential for our bodies to function optimally,” says Dennis Goodman, M.D., director of integrative medicine at the NYU Langone Medical Center in New York City. “But it’s important to make sure you’re taking the right *form* of high-quality nutrients—in conjunction with living a healthy lifestyle—or you could miss out on key health benefits, thereby wasting your money.” Vitamin D, for example, is sold in both D<sub>2</sub> and D<sub>3</sub> forms, even though the world’s top experts agree D<sub>3</sub> is what the body needs for fast fat loss and reduced risk of diabetes and cancer. Here, the latest findings on vitamins that address the concerns of women over 40.

How long Americans say they could survive off the food in their fridge

quick take



SOURCE: Peapod

## To end fatigue & slow aging **This B<sub>3</sub>**

Vitamin B<sub>3</sub> is often recommended for boosting energy, but groundbreaking research reveals that a little-known form of B<sub>3</sub>, called *nicotinamide riboside* (NR), is the real superstar. Why? Once in the body, NR converts to NAD, a compound that revs metabolism and activates key anti-aging proteins, says Christine Horner, M.D., author of *Radiant Health, Ageless Beauty*. NAD also increases the production of hormones that ward off depression, and studies have found that it may help prevent Alzheimer’s disease. A supplement to try: Life Extension NAD+ Cell Regenerator Nicotinamide Riboside 100 mg (\$26 for 30 vegetarian capsules, [LifeExtension.com](http://LifeExtension.com)).

## To nix brain fog & hot flashes **This E**

Vitamin E has been shown to boost cognition and cut dementia risk in half. Plus, it eases hot flashes, says integrative cardiologist Patrick Fratellone, M.D. But unless you’re taking *mixed tocopherols* (alpha and gamma) you won’t see benefits—and you could see downsides. “It’s the combination of alpha and gamma tocopherols that acts as an antioxidant and anti-inflammatory—they complement each other for maximum benefits,” says Dr. Fratellone. He adds that much of the vitamin E on the market is synthetic, and studies have shown high doses of synthetic E to be toxic. A natural brand he likes: Pure Encapsulations Vitamin E with mixed tocopherols (\$26 for 90 capsules, [PureEncapsulations.com](http://PureEncapsulations.com)). Note: Ask your doctor about the best dose, especially if on blood thinners.

## To strengthen bones & heart **This K**

Many women take vitamin K to strengthen bones, as well as ease hot flashes and mood swings. If you’re taking vitamin K<sub>1</sub>, though, you’re missing out. Dr. Goodman says vitamin K<sub>2</sub> (also called *MK-7* or *menaquinone-7*) is the real hero. “Vitamin K<sub>2</sub> activates substances that keep calcium in bone, where it should be,” he says, adding K<sub>1</sub> doesn’t deliver this benefit. And if you’re also taking a calcium pill, it’s critical to take K<sub>2</sub>, he stresses. Otherwise, that calcium can build up in blood vessels to raise heart attack and stroke risk. Dr. Goodman suggests 45 mcg of K<sub>2</sub> daily, like Doctor’s Best Natural Vitamin K<sub>2</sub> MenaQ7 (\$20 for 180 veggie caps, [AllStarHealth.com](http://AllStarHealth.com)). ✨