



IMPORTANCE OF INCLUDING NUTRITIONAL SUPPLEMENTS IN YOUR DAILY LIFE



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HC WELLNESS

Creator of an Integral Wellness platform through network marketing, with the firm purpose of generating wellness around the world through nutritional supplements.

In this article you will find the reasons why a dietary supplement brings benefits in people's lives.

As well as the myths and realities of them.

NUTRITIONAL SUPPLEMENTS



“ A healthy exterior starts from the inside. ”
Gino D. Jones

FOOD IN THE WORLD

Nearly one in three people in the world (2.37 billion) did not have access to adequate food in 2020, an increase of nearly 320 million people in just one year.

A 2021 study by the Food and Agriculture Organization of the United Nations (FAO) showed that 51% of the population is food insecure and 20% of that group is acutely food insecure.



IMPORTANCE OF CONSUMING THEM

In a world full of personal challenges it is necessary to have good health, however it is not always easy to follow a diet or take care of your body in the best way, which leads to a couple of deficiencies that can be substituted by a nutritional supplement.

Adequate information about dietary supplements empowers the population to make decisions about the purchase and consumption of these products.



NUTRITIONAL SUPPLEMENTS



MYTHS

1. Dietary supplements are only indicated for athletes.
2. Consuming protein supplements can cause kidney damage.
3. High intakes of vitamins cause overdose.
4. The use of supplements is taken to cure specific diseases.



REALITIES

1. They help to complement structured plans, there are a variety of supplements that together with good eating habits and exercise provide excellent results, always consulted by a health expert.
2. Everything in excess is bad, during digestion the protein is degraded to form amino acids which goes to the kidneys to be excreted.
3. Supplements fulfill the function of providing what the body does not produce optimally.
4. Supplements are intended to complement a healthy diet, but never replace it.

