

Need Help with Vitamin Regiment

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Hi,

I have become interested in taking vitamins on a daily basis. I have started taking some supplements and seen some minor improvements in my energy, well being and such. I would like to explore what are good supplements I should take in addition to what I am taking now.

To give you my background, I am 40 years old with no particular issues. I do have some joint pains in my knees and shoulders, stress and usual growing old syndromes. I did drink alcohol from my college days, and still overdo it once or twice on the weekends.

What I am taking now –
– A multi-vitamin
– Fish oil
– An antioxidant formula

I would like to add –
– A B-complex vitamin
– Alpha Lipoic Acid
– MSM or some joint health formula
– Anything that you can justify

Please suggest what you think I could add, why I should add them and how it can benefit me. This is not a discussion about how much it cost, what color my urine is or how much I am paying for it. I may be paying for yellow urine, but if it helps me to believe that I am doing something good for my body, it may have placebo effect to improve my health.

Thanks in advance for your suggestions! Here is to your health and mine for the new year of 2007..

–Monaz

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