

Evaluating Supplements

Criteria/Category: [Formulas - Most Potent Nutrient Lists](#)

The lists below present the best and most potent nutrients for each body organ and system. These are the ingredients which you want to see making up a significant part of the formula of any multi ingredient vitamin/health supplement you use or are considering using.

1. Immune System

[The key to future health is to strengthen your immune defenses!](#)

For years vitamins C, E, A, B6, Beta Carotene have been put forward as the essential immunity enhancers along with minerals and trace elements such as Zinc and Manganese.

But science has since discovered long chain sugar (carbohydrate) molecules called polysaccharides which are far more powerful at modulating and improving the biochemical activity of immune system cells.

Polysaccharides activate and stimulate things called macrophages which kill tumor cells. Studies also show that polysaccharides caused macrophages to increase their production of interleukin, a chemical which increases immune system activity.

In a nutshell, polysaccharides correct over-active immune systems (auto-immune diseases), boost under-active immune systems (recurring & chronic infections) and keep your immune killer cells in top shape for disease prevention.

The most potent nutrients for Immune System Support are:

- [Aloe Vera Polysaccharides](#)
- [Tea Polysaccharides](#)
- [Beta Glucan](#)
- [Black Cumin](#)
- [Olive Leaf](#)
- [CoQ10](#)
- [Quercetin](#)
- [Manganese](#)
- [Zinc](#)
- [Beta Carotene](#)
- [Vitamin C](#)
- [Vitamin E](#)

Secondary Choices

- [Essential fatty acids](#)
- [L - Arginine](#)

2. Antioxidant Support for your entire body.

Scientific research has proven that that certain antioxidants - particularly plant pigments/compounds called carotenoids and flavonoids (polyphenols) - are up to "hundreds of times more powerful" than other traditionally well known antioxidants like Vitamins A, C, and E:

The most potent antioxidants are: (Carotenoid and Flavonoid sources are marked with an *)

- L-Glutathione
- N-Acetyl L- Cysteine
- *Green tea
- Gingko biloba
- Alpha lipoic acid
- *Bilberry
- CoQ10
- *Grape seed
- Oregon grape (Mahonia)
- *Resveratrol
- *Lycopene
- *Soy isoflavones
- *Beta carotene
- Vitamin C
- Vitamin E
- Selenium
- *Blueberry
- Turmeric

Secondary Choices

- Burdock
- Flavonoids
- Pycnogenol
- Silymarin
- SOD

Of these the very expensive ones for supplement manufacturers to purchase are:

- L-Glutathione (reduced)
- Blueberry
- Bilberry
- Resveratrol (high potency)
- Turmeric (high potency)
- Zeaxanthin

Check your supplement label!

KEY POINT: L-Gluthathione is a crucial compound in your cells. It is the most abundant antioxidant enzyme in your body and is essential for cell health and organ survival. Researchers have noted that in most diseases there are below normal levels of L-Gluthathione in the body.

As you age your body produces less and less of this crucial compound hence the need for it in your supplement.

In nutritional supplement formulas, L-Gluthathione must be included in the 'reduced' form. (In healthy tissue 90% of the total Gluthathione pool is in the reduced form). (1) The reduced form means the molecules are much smaller and as a result can penetrate your intestinal cell membrane walls.

With the regular form of L-Gluthathione the molecules are too big and so absorption is very poor.

L-Gluthathione (reduced) costs around \$800 per kilo - wholesale price! It's very expensive so most supplements don't contain it but it absolutely should be there.

To put this in perspective - regular old ascorbic acid (vitamin C) costs around \$15 per kilo! Too many supplements are filled with way too much of these cheap ingredients - under the guise of 'optimal amounts'.

Take a quick look at the bottle label of your supplement to see if L-Gluthathione (reduced) is there.

Lastly - when considering antioxidants you need to keep in mind that it's not just a case of swallowing foods highest in total antioxidant capacity (TAC) because some just don't absorb well into your body.

And there are different types of free radicals in different parts of the body which can only be neutralized by different antioxidants.

So you need the synergistic work of a large network of antioxidants working together. This is what we get when we eat antioxidant rich foods (e.g. fruits and vegetables!). So to duplicate this you need a wide range of powerful antioxidants in your supplement.

3. Brain Health and Nervous System

The most potent nutrients for the brain, central nervous system (CNS) and peripheral nervous system (PNS) are:

- Huperzine A
- Vinpocetine
- Phosphatidyl serine
- Phosphatidyl choline
- Acetyl-L-Carnitine
- 5-HTP (5-hydroxytryptophan)
- Ginkgo biloba

- Schizandra
- SAmE
- Vitamin E
- Vitamin C
- Vitamin B complex
- Passion Flower
- Folic acid
- Vinpocetine
- DMAE
- Gotu Kola
- Bacopa
- Lithium

Secondary Choices

- Boron
- RNA/DNA
- L- Glutathione
- Amino Acids

4. Vitamins, Macro Minerals, Trace Minerals

- Vitamin A (Beta Carotene)
- Vitamin C
- Vitamin D/D3
- Vitamin E
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin B5
- Vitamin B6
- Vitamin B12
- Folate (as folic acid)
- Biotin
- Vitamin K

NOTE: Vitamin K is considered to be a drug in some countries...for example Canada. It can adversely affect some pharmaceutical drugs as it is also a blood thinner.

MACRO MINERALS and TRACE ELEMENTS/MINERALS

- Calcium
- Magnesium
- Zinc

- Copper
- Boron
- Manganese
- Potassium
- Chromium
- Iodine
- Selenium
- Molybdenum

NOTE: I have not included Iron because it is an oxidant – too much iron oxidizes LDL cholesterol which makes it more toxic and more likely to end up in the arteries. I subscribe to the stance that iron should not be taken as an additive, including by women unless they have been diagnosed with a deficiency. Only vegetarians or women who have heavy menstrual bleeding are likely to have a need for it.

5. Cardiovascular Health (Heart and Circulation)

- CoQ10
- Hawthorne
- Policosanol
- Butchers Broom
- L-Methionine
- L-Arginine
- L-Proline
- L-Carnitine
- SAME
- Grape seed extract
- Calcium
- Magnesium
- Selenium
- Vitamin E
- Vitamin C
- Vitamin B6, B12
- Folic Acid
- Betaine HCL
- Olive Leaf

Secondary Choices

- Essential Fatty Acids
- Taurine

6. Bone Support

- Calcium

- Magnesium
- Vitamin D
- Soy Isoflavones
- Boron
- Silicon
- Vitamin K
- Strontium

Secondary Choices

- Glucosamine
- Chondroitin
- MSM

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7. Amino Acids (A.A's) & Derivatives

Amino Acids are the principal building blocks of protein and enzymes. They and their derivatives are an important class of supplements. Amino Acids play important roles in many metabolic processes involving energy, immune system, nervous system, musculoskeletal system, hormone balancing, balancing blood sugar and brain health.

Unfortunately with today's 'weight loss' mindset, along with the totally insufficient amount of raw vegetables in the average diet, many people do not consume enough protein foods to obtain the amino acids they need on a daily basis. (Certain vegetables contain high levels of protein!! E.G Broccoli, spinach, peas)

Key amino acids and derivatives:

- L-Glutathione
- L-Arginine (conditionally essential A.A)
- L-Methionine
- L-Threonine
- L-Tyrosine
- L-Carnosine
- L-Proline
- L-Lysine
- N-Acetyl-L-Cysteine
- Carnitine / Acetyl-L-Carnitine

8. Vision

- Zeaxanthin
- Lutein
- Bilberry
- Vitamin C
- Vitamin B2, B12
- Zinc
- Beta Carotene

Secondary Choices

- L- Glutathione
- Taurine

9. Liver

- L – Glutathione
- SAmE
- Milk Thistle (Silymarin)
- N-Acetyl L- Cysteine
- Alpha lipoic acid
- Vitamins B1, B12
- L - Methionine

Secondary Choices

- Phosphatidyl Choline
- Inositol
- Amino acids

10. Anti-Cancer

With the rates of cancer skyrocketing worldwide people are becoming increasingly concerned with taking in those nutrients that have been shown to have anti-cancer properties.

The most potent anti-cancer nutrients are:

- Polysaccharides - Beta glucan, Tea, Germanium, Aloe vera
- Zinc
- Lutein
- Zeaxanthin
- Lycopene

- Green tea
- CoQ10
- MSM
- Olive leaf
- Saw Palmetto
- Resveratrol
- Turmeric
- Dim 3,3"
- Alpha Lipoic Acid
- Quercetin
- N-Acetyl-L-Cysteine
- L- Arginine
- L- Glutathione
- L- Theanine
- DMG
- Beta carotene
- Inositol
- Selenium
- Vitamins C, E, D

Secondary Choices (for certain types of cancers)

- RNA/DNA
- Proteolytic enzymes

11. Metabolism, Energy and Stamina

- CoQ10
- Ginseng
- Green Tea
- L-Tyrosine
- L-Arginine
- L – Carnitine
- Gugulipid/Mukul (Myrrh)
- DMG
- RNA
- Alpha Lipoic Acid
- Betaine HCL
- Policosanol
- Vitamin B complex
- Vitamin C, E
- Manganese
- Bee Pollen

Secondary Choices

- Lecithin
- Malic acid
- Nicotinamide
- Maitake extract
- Gingko biloba

12. Hormone Balancing for Men

- Chrysin
- Nettle
- DIM
- Saw palmetto
- Tribulus
- Damania
- Epimedium Brevicornum
- Pygeum
- Zinc (both citrate and aspartate forms)

13. Hormone Balancing for Women

- Maca
- Wild Yam
- Soy Isoflavones
- Black Cohosh
- Red Clover
- Dong Quai
- Chasteberry
- DIM
- Vitamin B6
- Essential Fatty Acids

14. Sexual Health for Men

- L-Arginine
- Damiana
- Tribulus
- Saw palmetto
- Zinc (both citrate and aspartate forms)
- Epilobium
- Phytosterols (Beta Sitosterol)

- Schizandra
- Chrysin
- Corn Silk
- L-Tyrosine

15. Sexual Health for Women

- Wild yam
- Tribulus
- Damiana
- Soy isoflavones
- Black cohosh
- Red clover
- Dong Quai
- B complex

16. Skin Health

- DMAE
- Alpha Lipoic Acid
- Vitamin C
- Vitamin B complex
- Vitamin E
- Vitamins D, K
- MSM
- Selenium
- Zinc
- Aloe vera
- Green Tea
- Lutein
- Olive Leaf
- N-Acetyl L-Cysteine
- L-Proline
- N-Acetyl Glucosmine
- Omega 3

- Chromium
- Essential Fatty Acids

17. Digestive System

- Digestive Enzymes - Amylase, lipase, Isolase, Cellulase, Lactase, Protease, Bromelain, Papain, Betaine HCL
- Peppermint
- Acidophilus
- Ginger
- Black Walnut
- Psyllium

Sources:

(1) Droge, W. and Breitskreutz, R., "Glutathione and immune function," Proc. Nutr. Soc., 59, 595-600 (2000).