

TOP FIVE SUPPLEMENTS FOR MEN

When it comes to health men often miss out.

In the past women's health issues have been given a higher profile and women are naturally more likely to have open discussions about what ails them. But more and more men are taking the prevention path by taking supplements.

There are many supplements you could take but Professor Shaun Holt, medical advisor and researcher says there are five that have some of the strongest research evidence behind them are most likely to be beneficial for men.

"There are hundreds of vitamins, minerals and other supplements available and the choice can be so overwhelming that many men don't know what to take and end up missing out on potential health benefits that supplements can give. We are seeing more and more supplements being supported by strong research evidence that backs their effectiveness and safety," says Prof. Holt.

Prof. Holt's Top Five Supplements for Men:

1. Multivitamin

This is a "nutritional insurance." If you have the perfect diet then you don't need to take a multivitamin but who has the perfect diet? If you are missing something in your diet, a good multivitamin will provide it and if you don't need some or all of the components, your body will not absorb them.

2. Fish Oil

Fish oil (Omega-3) has been clinically proven to be effective in over 30 medical conditions including arthritis and depression. However, its main benefit is in reducing cholesterol and blood pressure, both of which are contributors to heart disease – the number one killer of New Zealand men.

3. Coenzyme Q10

What is a good blood pressure? The lower the better (as long as it is not too low and you are passing out!). Coenzyme Q10 has been shown in many studies to reduce blood pressure and with no side effects. Also, many men take a statin drug to reduce cholesterol - Coenzyme Q10 may also reduce the chances of getting side effects, such as muscle pain, from these drugs.

4. Probiotics

Also known as “good bugs”, probiotics are helpful for a variety of stomach and bowel problems, such as irritable bowel syndrome, constipation or diarrhoea. Probiotics can be taken in powder, capsule or “shot” drinks. They are particularly good for re-establishing the ‘good flora’ in the intestines which can be reduced for a number of reasons such as after taking antibiotics.

5. Zinc

Zinc is the ‘new kid on the block’ when it comes to dealing to a cold. While Vitamin C and Echinacea have a role to play, Zinc has been proven to reduce the chances of getting colds and reduce their severity and time if you do get one. You can take zinc in either tablet, capsule or lozenge form.

Michelle Palmer, Executive Director of Natural Products New Zealand says robust research here and overseas continues to provide strong science based evidence of the therapeutic benefits of taking various supplements.

“Unfortunately, not all diets are created equally. While the best way to get vitamins and minerals is through your food, given our modern diet and lifestyles, many people are lacking in essential nutrients and need supplementation to maintain good health, provide relief from a range of health issues and keep our bodies functioning at optimum levels,” says Mrs Palmer.

ENDS

Note: Natural Products New Zealand (NPNZ) represents over 80% of the Natural Products industry

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