

## Expert Reveals Safer Alternatives to Popular Vitamins

## **Description**

The popularity of vitamin supplements is skyrocketing, buoyed by celebrity endorsements and influencer promotions. However, it's prudent to question whether these supplements are truly necessary or if they harbor potential side effects. While vitamins undoubtedly play a vital role in maintaining health, the supplements themselves may occasionally bring about less than desirable consequences.

Dr. Jaban Moore, a Kansas City-based functional medicine expert with a following of nearly 700,000 on Instagram, delves into this topic with a holistic lens. In a recent video, he dispels certain myths by casting a critical eye over commonly used vitamin supplements. "Some supplements can be akin to big pharma; scrutinize the labels to discern what they contain," he advises, proposing safer alternatives.

Dr. Moore specifically steers clear of Vitamin B12 in the form of cyanocobalamin, cautioning against its synthetic nature which includes cyanide necessitating additional detoxification. He recommends methylcobalamin, which he deems a more natural alternative. As for magnesium, an essential mineral vital for muscle, bone, and nerve function, he advises against magnesium oxide or citrate unless one desires their laxative effects. Instead, he suggests magnesium glycinate, which he considers more beneficial for replenishing magnesium levels.

Iron, paramount for oxygen transport within red blood cells, should not be consumed as ferrous sulfate, according to Dr. Moore, due to its harsh digestive effects. Instead, he suggests ferrous bisglycinate for better absorption and fewer gastrointestinal issues.

It's crucial to consult a healthcare professional before embarking on any supplement regimen, as supplements can interact with medications and even pose risks during surgery. Thus, Dr. Moore underscores the importance of exercising caution and considering natural food sources to meet nutritional needs. In the end, this path might just be the wiser choice for those looking to bolster their health responsibly.

# **Vocabulary List:**

- 1. **Prudent** /'pru:.dənt/ (adjective): Acting with or showing care and thought for the future.
- 2. **Harbor** /'hɑːr.bə/ (verb): To keep or hold a thought or feeling in one's mind.
- 3. Vital /'vaɪ.təl/ (adjective): Absolutely necessary or important; essential.
- 4. Scrutinize /'skru:.ti.naiz/ (verb): To examine or inspect closely and thoroughly.
- 5. Cautioning /'kɔː.ʃən/ (verb): To warn someone about a potential risk or danger.
- 6. **Regimen** /'redʒ.ɪ.mən/ (noun): A systematic plan or set of rules designed to improve a specific aspect often health-related.



# **Comprehension Questions**

### **Multiple Choice**

1. Which factor is contributing to the skyrocketing popularity of vitamin supplements?

Option: Scientific research

Option: Celebrity endorsements and influencer promotions

Option: Medical prescriptions
Option: Government regulations

2. What advice does Dr. Moore give regarding scrutinizing vitamin supplement labels?

Option: Ignore the labels

Option: Trust the marketing claims Option: Discern what they contain Option: Rely solely on endorsements

3. Which form of Vitamin B12 does Dr. Moore recommend as a natural alternative to cyanocobalamin?

Option: Cyanocobalamin Option: Methylcobalamin Option: Hydroxocobalamin Option: Adenosylcobalamin

4. According to Dr. Moore, which form of magnesium should be avoided unless one desires its laxative effects?

Option: Magnesium oxide Option: Magnesium citrate Option: Magnesium glycinate Option: Magnesium sulfate

5. What mineral is essential for oxygen transport within red blood cells?

Option: Iron
Option: Zinc
Option: Calcium
Option: Potassium

6. Which form of iron does Dr. Moore recommend for better absorption and fewer gastrointestinal issues?



Option: Ferrous sulfate
Option: Ferrous fumarate
Option: Ferrous gluconate
Option: Ferrous bisglycinate

#### **True-False**

- 7. Vitamin supplements do not play a vital role in maintaining health.
- 8. Consulting a healthcare professional before starting a supplement regimen is unnecessary.
- 9. Dr. Moore recommends magnesium oxide for replenishing magnesium levels.
- 10. Iron is essential for nerve function according to Dr. Moore.
- 11. Dr. Moore suggests natural food sources as an alternative to meeting nutritional needs through supplements.
- 12. Vitamin B12 in the form of cyanocobalamin is deemed more natural by Dr. Moore.
- 13. Dr. Moore specifically recommends avoiding ferrous sulfate and suggests ferrous bisglycinate for better absorption and fewer gastrointestinal issues.
- 14. It is crucial to consult a healthcare professional before embarking on any supplement regimen to avoid potential interactions with medications and risks during surgery.

### **Gap-Fill**

15. According to Dr. Moore, magnesium glycinate is considered more beneficial for replenishing magnesium
levels than magnesium or citrate.
16. Dr. Moore cautions against the synthetic nature of cyanocobalamin and suggests
as a more natural alternative.
17. Iron, paramount for oxygen transport within red blood cells, should not be consumed as ferrous sulfate



due to its harsh digestive effects, instead, Dr. Moore recommends ferrous	
for better absorption.	
18. Dr. Moore advises against magnesium oxide or citrate unless one desires their	

## **Answer**

Multiple Choice: 1. Celebrity endorsements and influencer promotions 2. Discern what they contain

3. Methylcobalamin 4. Magnesium oxide 5. Iron 6. Ferrous bisglycinate

True-False: 7. False 8. True 9. False 10. False 11. True 12. False 13. False 14. False

effects, and recommends magnesium glycinate for replenishing magnesium levels.

Gap-Fill: 15. oxide 16. methylcobalamin 17. bisglycinate 18. laxative

# Vocabulary quizzes

### Multiple Choice (Select the Correct answer for each question.)

1. What term describes a feeling of uplift or support?

Option: Consequences

Option: Efficiency
Option: Buoyed
Option: Innovative

2. Which word best describes something crucial or essential?

Option: Susceptible

Option: Cardiovascular

Option: Vital
Option: Mitigate

3. What refers to the act of withstanding force or pressure?

Option: Antioxidants Option: Resistance Option: Correlates Option: Holistic

4. Which term is used to describe a community of organisms interacting within an environment?

Option: Microbiome





Option: Ecosystem Option: Mitigating Option: Prudence

5. What refers to the mental process of acquiring knowledge and understanding?

Option: Lymphatics

Option: Neurodegenerative

Option: Cognition Option: Propensity

6. Which term indicates a natural inclination or tendency towards something?

Option: Propensity Option: Exacerbates Option: Interaction Option: Metric

7. What word describes a state of extreme tiredness or exhaustion?

Option: Fatigued Option: Mitigate Option: Osteoporosis Option: Mitigating

NEWS.COM 8. Which term describes an approach that considers the whole system rather than individual parts?

Option: Colorectal Option: Holistic Option: Lymphatics

Option: Neurodegenerative

9. What term relates to the heart and blood vessels?

Option: Cardiovascular Option: Cautioning Option: Efficiency Option: Correlates

10. What word describes the introduction of new ideas or methods?

Option: Antioxidants Option: Holistic Option: Tata Group Option: Innovative

Gap-Fill	( Fill in the	blanks wit	th the correc	t word from	the voca	bulary	list.	)
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11. The company implemented strategies to	the effects of the economic
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downturn.	
12. Individuals with weakened immune systems are more	to infections.
13. Failing to submit the report on time may have serious	
14. Regular screenings can help in the early detection of	cancer.
15. Alzheimer's disease is a common disorder that affects	s memory and cognition.
16. The study aimed to identify factors that with increase	ed job satisfaction.
17. Consuming sufficient calcium and vitamin D can help prevent	
186 is a cytokine involved in the regulation of immune r	responses.
19. The system plays a key role in maintaining fluid balar	nce and immunity.
20. The company prides itself on its approach to product	design.
Matching Sentences ( Match each definition to the correct word from the	vocabulary list. )
21. The diversity of bacteria and other microorganisms in the gut contribute to over	verall health.
22. The protective layers surrounding the brain and spinal cord are known as the	meninges.
23. The new software system significantly improved the efficiency of our workflow	٧.
24. The doctor issued a cautioning statement about the potential side effects of t	he medication.
25. The government introduced policies aimed at mitigating the impact of climate	e change.
26. Fruits like berries are rich in antioxidants that help protect cells from damage	
27. The doctor provided a positive prognosis for the patient's recovery.	
28. The holistic approach to healthcare considers the physical mental and emotio individuals.	nal well-being of
29. Regular exercise mitigates the risk of developing certain chronic diseases.	



30. The social interaction among team members improved collaboration and productivity.

## **Answer**

**Multiple Choice:** 1. Buoyed 2. Vital 3. Resistance 4. Ecosystem 5. Cognition 6. Propensity 7. Fatigued 8. Holistic 9. Cardiovascular 10. Innovative

**Gap-Fill:** 11. mitigate 12. susceptible 13. consequences 14. colorectal 15. neurodegenerative 16. correlate 17. osteoporosis 18. Interleukin 19. lymphatic 20. innovative

**Matching sentence:** 1. Microbiome 2. Meningeal 3. Efficiency 4. Cautioning 5. Mitigating 6. Antioxidants 7. Prognosis 8. Holistic 9. Mitigates 10. Interaction

#### **CATEGORY**

1. Health - LEVEL4

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