



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** /'hɑ:r.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:.tɪ.naɪz/ (verb): To examine or inspect closely and thoroughly.
5. **Cautioning** /'kɔ:ʃən/ (verb): To warn someone about a potential risk or danger.
6. **Regimen** /'redʒ.i.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 _____
effects, and recommends magnesium glycinate for replenishing magnesium levels.

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

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

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 with the correct word from the vocabulary list.)

11. The company implemented strategies to _____ the effects of the economic



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 memory and cognition.
16. The study aimed to identify factors that _____ with increased job satisfaction.
17. Consuming sufficient calcium and vitamin D can help prevent _____.
18. _____-6 is a cytokine involved in the regulation of immune responses.
19. The _____ system plays a key role in maintaining fluid balance 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 overall 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.
24. The doctor issued a cautioning statement about the potential side effects of the medication.
25. The government introduced policies aimed at mitigating the impact of climate 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 emotional well-being of individuals.
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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