



# spotlight on health

## Surprising Supplements

(NAPSA)—From better skin to better brain function, there could be more benefits to a daily vitamin than you might expect.

That's the news from experts who say that fish oil, for instance, may fight free radicals linked to premature aging and possibly cut LDL, or "bad" cholesterol.



**Many well-known vitamins offer a host of surprising benefits.**

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### **The Good Fat**

Omega-3 fatty acids are brain-boosting, cholesterol-clearing monounsaturated good fats. They can help joints, skin, vision, brain and heart. Anti-inflammatory, they're found naturally in walnuts, salmon, tuna, olive oil, avocados and in fish oil supplements.

### **Fighting Cold and Flu**

Vitamin C may help reduce the length of a cold or flu. The vitamin is also necessary to form cartilage and collagen in bones, along with muscle and blood vessels.

### **Get Energized**

B vitamins—and especially B12—have been called "energy vitamins." They also support the immune and nervous systems and other important body functions.

### **The Sunshine Vitamin**

Vitamin D helps bones, the brain and the immune system and might play a role in reducing the risk of diabetes, hypertension and cancer.

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