

Be Your Personal Best

Round Out Your Vitamin Regimen With Herbs

(NAPSA)—Recent reports show that almost half of Americans use dietary supplements to address specific health concerns and to achieve optimal wellness. While many know the importance of a daily multivitamin, the immune-boosting benefits of vitamin C or the heart-healthy benefits of B vitamins, less may know that adding herbs to a daily vitamin regimen may further support one's goal of achieving complete health and well-being.

"Herbs have been used for thousands of years by people across the globe to improve health," says Deralee Scanlon, R.D., consumer education specialist. "Science is recognizing the benefits of using both vitamins and herbs to round out a daily supplement regimen to achieve optimal health."

To help you decide if your vitamin regimen can use an herbal boost, Scanlon poses the following questions:

Under the weather and want to feel better? In addition to chicken soup, vitamin C and lots of rest, add Echinacea to your wellness regimen. Studies show that Echinacea, when taken at the first sign of not feeling your best, can help naturally boost immunity to get you back on your feet faster. It is advised that Echinacea not be used for more than eight consecutive weeks or by those who are allergic to ragweed or plants in the daisy family.

Are you a mess under stress? Too much or poorly man-



aged stress can negatively impact our ability to focus. When temporary anxiety gets the best of you, try Bacopa. Bacopa, an Indian herb, is clinically proven to help provide mental clarity while reducing the effects of stress and nervous anxiety. Since Bacopa isn't easily found as a single ingredient supplement, Scanlon recommends StressEez from Nature Made®, which combines Bacopa with other herbs and B vitamins that may be helpful to the body during times of stress.

Want to be smart and have a healthy heart? Over the past 20 years, garlic has been the focus of numerous clinical studies that have found it to effectively support overall heart health. For those who don't want to offend friends and family during a good conversation, odor-controlled, enteric-coated garlic supplements that also contain heart-healthy B vitamins, such as Nature Made GarLife, are available.

To get personalized advice about herbs that may help round out your regimen, visit the "Ask an Expert" section at NatureMade.com.