



# Health And Well-Being

## Supplements Can Serve As Stress Buffer

(NAPSA)—When it comes to reducing stress, many believe following the right diet and taking nutritional supplements can often be a big help. Experts say when people are stressed, they do not always eat as much or as well. Here are some tips:

- Eat smaller meals more frequently to maintain stable blood sugar levels. Make sure protein and fiber are part of every meal.
- Exercise. It burns calories and helps to fight stress.
- Look for a natural-food multivitamin containing B vitamins and minerals to help convert food to energy, B and C vitamins to help support the body's ability to handle stress, chromium to promote stable blood sugar levels,

---

**Many believe taking the appropriate combination of vitamins, herbs and antioxidants can help to keep stress in check.**

---

and iodine to support healthy thyroid function and metabolism. Antioxidants are also found in natural-food multivitamins and help to protect tissues and cells from damage caused by stress as well as exercise.

Some say this type of natural whole-food multivitamin—as well as herbal supplements, probiotics, omega-3 fish oils and antioxidants, such as CoQ10—from a reliable source, such as The Vitamin Shoppe, can help to guard against deficiencies.

This can help ensure that other aspects of health and fitness—such as hair, skin, nails, the immune system—are not sacrificed during times of stress.

Learn more at [www.vitaminshoppe.com](http://www.vitaminshoppe.com).

