

How & Where to Buy Quality
VITAMINS & SUPPLEMENTS



Without Having to Spend
YOUR LAST DIME!

Contents

Introduction	P2
WARNING! Vitamins Can be Hazardous to Your <i>Wealth</i>	P3
The Wide <i>Weird</i> World of Vitamins	P4
Discovering “Paradise” in the World of Supplements	P7
A Few More “Navigational” Tips	P8
Conclusion	P10

Greetings from “Vitadyme”



Allow me to introduce myself. My name is Rob Linkey (I’m the one wearing the hat) and I am a 61 year old retired Fire Captain who can still physically compete on many levels with men and women who are much younger than I am. I attribute physical strength, agility and endurance to - first and foremost - the grace of God.

We are all dependent upon God for every breath that we take and we are all uniquely designed. Because of that, our health is very much affected by genetics, diet, exercise and environment. However, I have discovered that vitamins and nutritional supplements can also play an important role in shaping one’s health. (My family laughs at me because I keep my daily supplements stored in a suitcase!)

I have discovered through many years of “trial and error” that some supplements have a positive effect on my health while others seem to have a negative effect. Because we are unique, I have come to realize that a supplement that helps one person might not necessarily help another person. I also became aware that, in many cases, a particular supplement from one manufacturer would result in a noticeable improvement in my health while that same supplement from a different company would have no noticeable effect at all! I have learned much about vitamins, herbs and other nutritional supplements over the decades and I hope that you will greatly benefit from some of the insights you are about to discover in this informative guide (and save a HUGE amount of money in the process).

WARNING! Vitamins can be Hazardous to Your Wealth



Have you ever noticed that a handful of vitamins sometimes resemble a handful of precious gemstones? Well, at the prices some companies charge they might as well be! The average person ought to be able to take a variety of vitamins and herbs each month and still be able to afford the electric bill. The health benefits and energy producing effects that one realizes from taking good quality vitamins, minerals and herbs shouldn't have to be negated by financial stress! That is why this guide is so important. Some "vitaholics" gladly spend hundreds of dollars each month because they have come to realize that the money they spend on good supplements provides a greater return in their health than the hundreds and even thousands of dollars that are often spent each month on unhealthy processed foods at the grocery store. The final costly retail price that most people pay for quality vitamins is often demanded by retailers because of the multiple layers involved in the distribution systems. Imagine how great it would be to avoid all the "middle men" and find a single location from which you could make all your vitamin purchases at enormous savings *without having to be locked into a single brand or without having to buy bundled packages to realize your savings?* You are about to discover such a place but first it is important to understand the world of vitamins and why all vitamins aren't created equal.

The Wide *Weird* World of Vitamins



It doesn't take long for anyone who ventures into the world of nutritional supplementation to realize that it is humanly *impossible* to check out the benefits of some 50,000+ vitamins, herbs and botanicals that are on the market. Over 50% of the population in the United States alone spends 20+ BILLION dollars per year on vitamins and other health supplements. This huge market has caught the attention and participation of some of the nation's largest pharmaceutical companies who have also joined the ranks of some 1500+ other manufacturers of nutritional health products. The good news about "Big Pharma's" participation in vitamin manufacturing is that their labeling and product safety is usually reliable because they would have a lot to lose if it weren't. (The amount of money spent on drugs each year in the United States is about ten times more than what is spent on nutritional supplements). The bad news about having huge companies entering the vitamin manufacturing world is that some tend to buy ingredients in bulk for cost effectiveness and competitiveness and the quality might not always be the greatest. Not all ingredients are created equal, even though they technically are the same in structure. To better understand this reality, consider your shopping experiences for produce in a grocery store. At one store you could pay 50 cents for a plump, yellow ear of corn while, at another store, you could buy four skinny, pale, blotched ears of corn for only 20 cents apiece. In both cases you would be buying a food product that was considered to be 100% corn. It's just that one would taste better and be nutritionally superior to the other.

The problem with buying dietary supplements is that you really can't determine the quality of a product just by looking at it. All pills look the same and beautiful packaging is no guarantee of product excellence. A lack of quality control in the dietary supplement industry brought about a great deal of political pressure in the late 1980's and early 1990's to bring vitamins and other supplements under the same FDA control that prescription and over the counter drugs had been subjected too. Had this effort succeeded, it certainly would have lined the pockets of the pharmaceutical industry because they would have been the only manufacturers who could afford the expensive testing and government bureaucratic scrutiny that would have been involved. It would have also resulted in the elimination of thousands of products, that were endorsed by countless happy customers – at least until the benefits of such products could be verified by the Food and Drug Administration after years, and maybe decades, of testing. One thing is certain; FDA approval would NOT have necessarily meant that a product was safe. (We've all heard the frightening disclaimers that follow the FDA approved prescription drug ads that we see on television. Even common over the counter medications can be dangerous. For example: Over 16,000 drug overdose deaths occur *each year in arthritis patients alone* who take NSAID's - Non-Steroidal Anti-Inflammatory drugs like Ibuprofen and Aspirin).

Lobbying efforts against FDA control by the dietary supplement companies and manufacturers averted what would have been a calamity for their industry (and their customers) by working with congress toward the enactment of a much less restrictive bill. The "Dietary Supplement and Health Education Act" of 1994 brought a little common sense to the nutritional supplement industry because it at least required manufacturers to conform to some basic product

labeling standards. This act helped to deter some of the wild and unproven claims about products and it also helped to eliminate a lot of the “snake oil” that consumers had been buying. However, this act still didn’t provide any means for ingredient quality control and inferior products could still be packaged and sold until they were actually *proven* to cause harm. Because of this, in 2007, the industry and the FDA agreed to create “Good Manufacturing Practices” standards (GMP’s). Among other things, these practices included manufacturing sanitation requirements, ingredient identification requirements and having “Master Manufacturing Records” (MMR’s – like keeping a recipe log). The FDA now has more control over manufacturers who violate those standards but the unfortunate reality is that about 70% of companies who are inspected *still fail to meet the standards*. Even if a company is GMP certified, there is still no way to know if their ingredients are as good as the next guy’s. So, where in the weird world of vitamins can a person go to find tens of thousands of quality products at amazing prices? You are about to discover a vitamin and supplement “paradise” in the next chapter!

Discovering “Paradise” in the World of Vitamins



Although it is impossible to completely navigate the wide world of vitamins and learn everything about every product, there *is* a safe haven that will make your buying decisions a whole lot easier (and a whole lot cheaper). I personally discovered this company a few years ago and I have been a faithful, satisfied and very appreciative customer ever since. I have literally saved *thousands* of dollars and that is why I recently decided (April 2014) to tell the world about this vitamin venue and hopefully convince others to check into it as well. (I am now a compensated affiliate). This company was established in 1999 and it sells over **40,000** products and they had approximately **1.8 million** customers use their website in 2013. They feature some **2000** brands at *BIG* discounts and they also market their own specially designed and quality tested formulas at even greater savings. Here you will be able to investigate and compare product ingredients and you will also see how other customers rate the products (one of the best ways to determine which vitamins actually work). The navigation through their state of their art website is simple and secure and your products will arrive safely packaged within just a few days. Thank you for taking the time to check it out. Blessings and Good Health to You! Rob Linkey

[Click Here to Discover the Best Source for all your Nutritional Supplements](#)

A Few more “Navigational” Tips



A Few more “Navigational” Tips

Patience is a Virtue



When taking a new vitamin supplement, it is important to remember that the positive health benefits derived from vitamins can sometimes take weeks and even months to realize. Herbal supplements will often produce more immediate noticeable results and it is important to realize that some herbs should be taken with caution and temporarily discontinued at times because of their stimulant effects and their potential to overtax glandular functions with uninterrupted use. It is important to give your body and endocrine system a rest every once in awhile with cleansing type fasts or diets that would be approved by your personal health-care professional.

Trial & Error

As mentioned in the introduction, because we are all uniquely created, a supplement that works for one person might not have the same positive effect in another person. Likewise, a product from one manufacturer, might not work as well as a similar product from another manufacturer. Slight variations in quality, ingredients and manufacturing processes can make a difference. For example, if you take an ascorbic acid Vitamin C supplement for awhile and don't notice any improvement in your immune system, energy levels or allergy relief, you might try a larger dosage or a buffered time-release version such as an “Ester C” product. (It is important to replenish minerals with larger doses of Vitamin C.) If you are thinking of trying a particular vitamin or product for the very first time, it is helpful to take note of the customer review rating

system before purchasing it because inferior products will usually have lower ratings (not always). However, if the product doesn't seem effective for you, don't be afraid to try a similar, well-rated, product from another company before giving up on the potential benefits you were seeking (unless of course you had an adverse physical reaction with your first attempt – in which case you should consult a health care professional before any future use).

Price & Quality

The price of nutritional supplements depends greatly upon quality and manufacturing. Supplements that are 100% organic will obviously cost more than products that are 100% synthetic. Vitamins consisting of raw foods and live enzymes can be way more expensive than a product claiming to have “all natural” ingredients (some of these products may actually consist of only 10% natural ingredients because of labeling loopholes.) Some of the products I take are effectual yet relatively inexpensive because I have personally determined that they work great for me. A couple products I take are more expensive because they aren't cheap to manufacture and I am willing to pay more because of their noticeable benefits. For example: One of the products I discovered that eliminated shoulder pain when I exercised required one quart of wheat sprouts to make just one caplet! (The bottle contains 170 caplets). I used to pay \$39 for one bottle of this product but I now buy the exact product from the best vitamin venue on the planet (noted in the link above and below) for \$19! Now, if you could buy the car of your dreams from one brick and mortar dealership for \$39,000, or, have the exact same car delivered to your doorstep within two or three days for \$19,000 (with the same guarantees) which purchasing option would make more sense?

Synergy

The potential benefits of one vitamin, herb or mineral can often be enhanced when taken or blended with different compounds. There are many vitamin and herbal formulas that provide greater benefits because of the synergistic science behind their creation. Once again, because of our individual uniqueness, one of these products may work great for you and not for another. Taking the time to do a little self-experimentation with different products and formulas can pay-off in the long run. (You will want to make sure that you read labels and not take anything that you already know will not agree with you or that you may be allergic to.) Also, you may discover that you can find several great vitamins and herbs (in sufficient quantities) in one single product and thus save money by not having to buy them individually.

Conclusion

The main purpose of this guide has been to provide a little insight into the vast world of vitamins and nutritional supplements and to reveal what I have found to be the best place on earth to buy just about any supplement at a HUGE discount! As mentioned, I have been a completely satisfied customer for years and I have literally saved *thousands of dollars!*

It would take many volumes to effectively cover the benefits, dangers and proper usage of nutritional supplements and one could spend many years doing research in the world of nutrition and still barely scratch the surface. I realize that most people don't have the time (or the desire) to dedicate themselves to that kind of research and I have come to realize that an important part of my own education has been the result of "trial and error."

(You don't have to be a chemist to enjoy the benefits of a good supplement, just as you don't have to be an electrician to turn on a light switch) In my many years of supplement "experimentation" I have found certain products that I consider to be essential for me personally. In the near future, I'll be letting you know what some of those key products are (along with some basic "synergy" tips) and I hope that you will find this information to be very beneficial. In the meantime, be sure to check out the best vitamin and supplement destination in the world!

[**Click Here to Discover the Best Source for all
your Nutritional Supplements**](#)

CAUTION: If you are taking any prescription or over the counter drugs, you should check with your doctor before taking any nutritional supplement. Also, check product labels to make sure that you are not allergic to any of the ingredients and if you take a product and experience any adverse symptoms, discontinue using the product and contact a healthcare professional. (The information in this guide is not intended to replace the need for you to consult with your physician or health care professional to determine the best diet, medications and / or supplements for your individual needs.)

Thanks and I wish you the very best in life!

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