



Vitamins

What the experts take

Vitamin supplements can do more harm than good, according to new research. So should we keep taking them or not? **Alice Hart-Davis** asks the experts which supplements they use



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I'm taking corticozym, a supplement designed to support the adrenal system, because I'm under a good deal of stress at the moment, and one called Super B-zyme, a vitamin B complex which helps the nervous system and the adrenals and helps keep the body calm. I also take borage oil as an essential fatty acid and methylfollic acid to stabilise the oestrogen dominance in my body, along with a thyroid-supporting supplement.

In all this discussion about antioxidants, the thing that people don't realise is that the free radicals, which we are all so keen to kill off, do actually serve a good purpose in the body. If you have a virus, thank goodness that the free radicals are there to scavenge it up. Antioxidants

are not something that you should take on a continuous basis. The trouble is that generally, for the public, it's all or nothing when it comes to supplements. The all or nothing is never correct but it's hard to get that across.

If I could only take one? I'd take zinc. Most people are low in it. It supports everything from digestion to the immune system and protects the body's DNA, too.



THE COOK ROSE PRINCE

author of *The Savvy Shopper*
The only way to take supplementary vitamins is in the form of food, because it's the way our body knows

how to handle them and so they're more easily absorbed. All the vitamins we need are in fruit and vegetables. They are basically the medicine our body needs and most people simply don't eat enough of them. I eat linseed — golden linseed — which has a high