

## your body

### 1ST STEP FOR ENERGY VITAMIN B-12

#### SUPPLEMENT REVIEW

written by REGINA THROOP

There are so many supplements on the shelves these days, it's hard to know which ones work and what you should use them for. On top of that, I'm always careful with supplements in pill form; studies show that your body only absorbs 10 to 20 percent of the nutrients. That's why I'm a big believer in liquid supplements; I like knowing that my body absorbs almost all of it.

A few years ago, I started taking 1st Step for Energy Multivitamin, a liquid supplement. Now, it's the only multivitamin I take. The makers, High Performance Fitness, recently came out with a Vitamin B-12 supplement, and I knew right away I wanted to try it.

"The energy drink market is going through the roof right now," says Mike McGinnis, president and co-owner of High Performance Fitness. "We wanted to add B-12 to our family of supplements so people would have an alternative to the energy drinks that are high in sugar, caffeine and synthetic stimulants."

Now, I have to say that I love Red Bull. It's the one thing that can wake me up when I'm in my afternoon slump. I know it's not healthy. Not to mention the "crash" I get about an hour after I take it. Vitamin B-12 is known as the "energy

vitamin," but I never really found one I liked. Until now.

I started taking 1st Step for Energy Vitamin B-12 about a month ago. At first, I would take it at 2 p.m., the time of day that I typically start yawning and find it hard to concentrate on my work. Instantly, I found that I had more energy; but even more importantly, I found I had no more afternoon brain fog. I could concentrate again, and I found I was getting more done at work. It also tastes great!

Then, McGinnis suggested I take it 20 minutes before my workout, saying that the many athletes who take this supplement report they can push through their workouts without becoming fatigued. I tried it, and it worked. I found I could work out longer and a little harder.

Vitamin B-12 isn't *just* for energy, though. It's also good for:

- Formation of red blood cells;
- Maintenance of the central nervous system;
- Formation of DNA;
- Regulating metabolic pathways;
- Supporting healthy heart function; and
- Combating chronic fatigue.

Vitamin B-12 is found naturally in meat, eggs and milk. So for you vegans out there, as well as those predisposed to anemia, this supplement is for you.

Each bottle of 1st Step for Energy Vitamin B-12 contains a one-month supply. It retails for \$19.99, and the label suggests taking one-half ounce per day.

*For more information, call (866) HPF-9010, or visit their web site at [www.highperformancefitness.com](http://www.highperformancefitness.com).*



## Midsummer BLUES

Since we can't exactly promote National Hot Dog month in these pages, we thought we'd take a much healthier tack and celebrate National Blueberry Month.

Densely packed with nutritional benefits, blueberries provide, per serving, as many antioxidants as five servings of carrots, apples, broccoli or squash. In fact, USDA studies rank them No. 1 in antioxidant activity compared with 40 other fruits and vegetables. Much of that power comes from anthocyanins, the pigments that give them their blue hue.

The farmers at Texas Blueberries, outside Grapeland, call them "the single most ferocious food in the supermarket at halting the forces that age you." Believed to prevent certain cancers, they also may slow and even reverse many of the degenerative diseases associated with the aging of the brain, including dementia and Alzheimer's disease.

If you can stand the heat, get in touch with your inner Old MacDonald and head out to one of the area's pick-your-own farms. Try Moorehead's Blueberry Farm in Conroe or Chmielewski's Blueberry Farm in Hockley, which follows organic methods. The season ends this month, so pick as many as you can eat and freeze the rest.

