



# A Hard Pill to Swallow

## Are vitamins more hurt than help?

BY RAEWYN SMITH, CSUN

For a college student, it can be hard to eat a balanced nutritional diet. Luckily, there's an abundance of vitamins and supplements that can be quickly taken; what college student doesn't love a quick solution?

Supplement pills provide the vitamins the body needs to flourish. Recently, conflicting information has been released on whether or not vitamins are actually effective. Most agree that they are good for you but nothing beats the natural intake of vitamins.

"The way your body gets things naturally is always better," nurse Kari Gonzales of Southern OC Pediatrics said. "For example, it is better for people to be exposed to some sunlight in order to get Vitamin D."

The best way for a jaundiced baby to get Vitamin D is through exposure to indirect sunlight.

"However, babies born in Washington where there is not a lot of indirect sunlight have

a harder time receiving the Vitamin D and have a harder chance fighting off the jaundice," Gonzales said. "They have to take the supplements and it takes longer for their body to recover."

Supplements are not necessarily bad for you, your body just breaks down the

beneficial for overall health and for managing some health conditions."

The vitamins that are the most helpful in supplement form include Calcium and Vitamin D. However, it's important to know that some supplements have strong effects if too much is taken. Too much Vitamin C

**While many students can be found at the gym trying to get the perfect body, none of that will be effective without proper nutrition.**

vitamins differently when they're in pill or tablet form. Obviously, it's a lot healthier and the body gets more from the vitamins if they're ingested naturally.

According to the National Institutes of Health's Office of Dietary Supplements, "scientific evidence shows that some dietary supplements are

can lead to too much acid in the stomach, resulting in stomach aches.

Another supplement that should be taken with caution is St. John's Wort. The NIH says that St. John's Wort can "speed the breakdown of many drugs (including antidepressants and birth control pills) and

thereby reduce these drugs' effectiveness."

In situations where it seems to be impossible to get a balanced diet, it's best to check with your doctor to get the details on specific supplements.

Of course, it's just as easy to put down the Big Mac and fries and make a healthy dinner. Fresh and Easy offers nutritious pre-made meals that fit a college student's budget.

While many students can be found at the gym trying to get the perfect body, none of that will be effective without proper nutrition. Often, supplements are used in place of a healthy diet. In situations like this, supplements will not effectively give the desired results, especially when paired with unhealthy eating habits and excessive weekend drinking.

To take care of your body you must commit to a healthy diet and only using supplements when absolutely necessary.