

LIST OF TOXIC INGREDIENTS IN SUPPLEMENTS

Soybean Oil

Used as a filler and extracting agent. These hydrogenated oils can irritate your gut and clog arteries

Food Colorings and Dyes

FD&C Red, Blue, Yellow of any number are irritating to your body

BHT

Butylated Hydroxytoluene is used as a shelf stabilizer. It blocks fat breakdown & is toxic to the liver.

Titanium Dioxide

This is a coloring agent for supplements. It's linked to kidney damage and intestinal inflammation.

Sodium Benzoate

This chemical prevents supplements from molding. When combined with citric acid it can form benzene, a toxin that can cause anemia & impaired white blood cell production. It has the potential to damage cells & DNA.

Magnesium Silicate/Talc

Used as a whitening agent and filler. Linked to lung inflammation & stomach cancer.

QUESTIONABLE INGREDIENTS

Maltodextrin

Made from corn, this filler can cause gut irritation when used daily.

Magnesium Stearate

Used to keep pills from sticking to machines. Source of this ingredient is important. Palm oil is the least toxic form.

Carrageenan

A thickening agent for supplements. Linked to gut lining irritation.

Magnesium and Calcium Oxide

Used as minerals for supplements. Not well absorbed in through the digestive system.

Any Supplements From China

Unfortunately lead, arsenic & other toxic ingredients have been found in high amounts in supplements that are made in China. Know where your supplements are manufactured.