

Research Studies That Substantiate Need for Supplements

[Vitamins for Chronic Disease Prevention in Adults: Clinical Applications](#)

[Significant Inverse Association of Marine-Sourced Omega-3 Fatty Acids with Plasma Fibrinogen Levels](#)

[Multiple Antioxidant Supplementation, Blood Pressure, and Cardiovascular Health](#)

[Low Vitamin D Status Linked to Total Adiposity, Metabolic Syndrome, and Hypertension](#)

[Vitamin D Deficiency and Peripheral Neuropathy in Type 2 Diabetes Mellitus](#)

[Vitamin D Deficiency and Obesity Linked to Renin-Angiotensin-Aldosterone System and the Role in Hypertension](#)

[Vitamin D, Body Fat Distribution and Mortality in Postmenopausal Women](#)

[Folic Acid and Vitamin B12 May Help Prevent Cognitive Decline in the Elderly with Depressive Symptoms](#)

[Vitamin B-12, Homocysteine and Physical Performance in the Elderly](#)

[Green Tea Catechins Decrease Total and Low-Density Lipoprotein Cholesterol](#)

[Coenzyme Q10 plus a Mediterranean Diet May Have Anti-inflammatory Effects In the Elderly](#)

[Zinc and Neurogenesis: Making New Neurons from Development to Adulthood](#)