

# Wholefood Vitamins vs. Artificial Imposters: Making an Informed Choice

In the quest for optimal health, vitamins play a crucial role. However, not all vitamins are created equal. As consumers become more health-conscious, the debate over wholefood vitamins versus synthetic vitamins has gained traction. This article explores the benefits of wholefood vitamins, the drawbacks of synthetic alternatives, and why a shift toward clean and pure sources of nutrients is more beneficial for our health.

## Understanding Wholefood and Synthetic Vitamins

### Wholefood Vitamins - More Complex:

Wholefood vitamins are derived from food sources, meaning they contain the full spectrum of nutrients that naturally occur in those foods. For instance, a vitamin C supplement made from acerola cherries provides not only ascorbic acid but also bioflavonoids, carotenoids, and other phytonutrients that enhance absorption and efficacy.

### Synthetic Vitamins

In contrast, synthetic vitamins are manufactured in labs and typically formulated to mimic the molecular structure of the vitamins found in food. Common examples include vitamin C synthesized from sulfuric acid and corn starch, B-vitamins grown on coal tar, or vitamin E produced from petrochemical processes. Quite often, there can be hidden GMOs and carcinogens allowed in these products. While these synthetic imitations are cheaper and more accessible, their absorption rates, noxious side effects, and overall effectiveness are often questioned.

## The Case Against Synthetic Vitamins

### Absorption Issues

One significant concern with synthetic vitamins is their absorption. Research indicates that synthetics do not contain cofactors that improve the absorption and function of the vitamin. The body absorbs wholefood vitamins best as compared to their synthetic counterparts. [A study published in the \*Journal of Nutrition\* found that nutrients derived from whole foods are often](#)

[accompanied by enzymes and cofactors that facilitate their absorption, leading to higher bioavailability](#). In contrast, synthetic vitamins pass through the digestive system with minimal absorption due to the absence of these accompanying nutrients. This is a big reason why many people are used to seeing unreal values of 500% to as much as 5,000% for these nutrients on the product label. The absorption factor is so low, that high doses are needed to receive any measurable amount. Even so, a nutrient deficiency can occur, even after taking a synthetic “one-a-day” multivitamin for several months. It is important to note that food-based vitamins are so compatible and recognizable to the body, almost none of the nutrients are ever lost.

## Potential Side Effects

Synthetic vitamins can have side effects, some of which stem from their production processes. For instance, many synthetic vitamins are produced using petrochemicals, which may leave behind harmful residues. [A study in the \*International Journal of Toxicology\* indicated that some synthetic vitamin production processes involve solvents and chemicals that can be harmful if ingested over time](#). Examples are the following but not limited to: Hexane, Butane (lighter fluid), Acetone (nail polish remover), Benzene, (used in styrofoam), Ethanol, and Methanol.

Additionally, high doses of synthetic vitamins can lead to toxicity. [For example, excessive intake of synthetic vitamin A can cause liver damage, while synthetic vitamin E has been linked to increased mortality in some studies](#). Wholefood vitamins, on the other hand, are highly unlikely to reach toxic levels due to the body's natural regulatory mechanisms that control nutrient absorption from food sources. Plus, reaching significant levels of nutrients from wholefood sources in today's depleted soils and environments is a challenge. Thus, hypervitaminosis can occur - a condition of abnormally high storage levels of vitamins - which can lead to various symptoms such as over-excitement, irritability, or even toxicity. Hypervitaminosis is virtually impossible with wholefood vitamins.

## Incomplete Nutrient Profiles

Synthetic vitamins often isolate individual nutrients, ignoring the synergistic relationships present in whole foods. For instance, a synthetic vitamin D supplement may not contain the essential cofactors such as vitamin A; found in natural sources like wild-caught salmon or grass-fed beef liver. Wholefood vitamins provide a complete vitamin and mineral complex, which enhances overall effectiveness and minimizes potential side effects.

# The Advantages of Wholefood Vitamins

## Superior Nutrient Absorption

Wholefood vitamins excel in absorption rates due to their complex nature. The presence of accompanying nutrients, such as minerals, antioxidants, and other phytonutrients, enhances the bioavailability of vitamins. [Another study highlighted that wholefood supplements significantly](#)

[improve the uptake of vitamins in the body, providing a more effective means of supplementation.](#)

## Comprehensive Health Benefits

Wholefood vitamins offer a holistic approach to nutrition. For example, vitamin C from Amazonian Camu Camu berries isn't limited to immune function but also provides a host of antioxidants that support cellular, skeletal, and cardiovascular health. In contrast, isolated synthetic vitamin C, also known as ascorbic acid, lacks these additional co-factors, leading to subpar outcomes. Plus, ascorbic acid is always synthetic and made potentially from genetically modified source material, such as GMO corn starch!

## Reduced Risk of Side Effects

With wholefood vitamins, the risk of toxicity is virtually nonexistent. Since these vitamins are consumed as part of a food matrix, the body can better regulate their intake and utilization. [A systematic review published in \*The American Journal of Clinical Nutrition\* found that wholefood vitamins are less likely to cause adverse effects, making them a safer option for supplementation.](#) Always ensure the source is truly from natural sources and not just pretending to be. A “wholefood supplement source” like nutritional yeast, already containing B vitamins, are commonly fed synthetic vitamins to increase the dosage. An example would be a synthetic B vitamin fed to bring the dose to 50 or 100mg on the label. Avoid these clever synthetics because those levels do not occur in nature! When you see very high percentages of B vitamins, this is your indicator that it may not be truly wholefood.

## Supporting Sustainable Practices

Choosing wholefood vitamins also aligns with sustainable practices. True wholefood supplements are derived from organic farming methods, or if possible, wild-sourced, which promotes ecological balance. By supporting these practices, consumers can contribute to a healthier planet while improving their own health.

## Making the Right Choice

When it comes to selecting vitamins, it is crucial to consider the source. While synthetic vitamins may be convenient and cost-effective, their potential drawbacks cannot be ignored. Clean Wholefood vitamins offer a superior alternative, providing enhanced absorption, comprehensive health benefits, and a reduced risk of side effects. You will also be spared from the toxic exposure of chemical production and elevated dosages.

## Tips for Choosing Wholefood Vitamins

1. **Read Labels:** Look for vitamins labeled as “wholefood” and have the real vitamin names listed, that you can track to food sources. It should go as far as to say “no synthetics” on

the front label. Even within the wholefood category, how were those sources obtained and where did the plants grow? Anything that is “wild” or in the case of beef liver, “grass-fed”, is acceptable and effective. This ensures that the product is derived from high-quality food sources. If the daily value percentages are 500% or higher, it’s likely these are synthetic nutrients and absorption amounts are far lower.

2. **Check Ingredients:** Opt for products that list whole food ingredients rather than synthetic ones. If it's difficult to pronounce, it is most likely synthetic! The shorter the ingredient list, the better.
3. **Research Brands:** Choose reputable brands that have a track record of prioritizing quality and transparency in their sourcing and production processes.
4. **Includes Animal Fats/Proteins-** For example, Vitamin A in its active form, (Retinol), can only come from animal sources like eggs, fish, beef, and game. Other nutrients like B12, Omega 3s, and important amino acids like Carnitine, come mostly from animal-based sources.

## Conclusion

As we navigate the complex world of nutrition, the choice between wholefood and synthetic vitamins becomes increasingly black and white. Wholefood vitamins offer a wealth of benefits, including superior absorption, necessary co-factors, and no side effects, other than possibly a rare food allergy. By prioritizing wholefood sources, we not only enhance our own health but also support sustainable practices that benefit the planet.

The best example of a complete wholefood multi-vitamin product is [PotentPak](#) from Physician's Strength. This multivitamin is designed to deliver a full spectrum of nutrients derived from clean organic, wholefood sources. Unlike synthetic vitamins that lack essential cofactors and bioactive compounds, PotentPak provides an array of naturally occurring vitamins, minerals, antioxidants, and essential fatty acids that work synergistically for optimal absorption and effectiveness. Additionally, all the cofactors are intact to enhance full nutritional support!

### Supporting Benefits of Purely Pak:

1. **Wholefood Ingredients:** PotentPak is formulated from nutrient-dense foods like fruits, nuts, animal fats, and herbs, ensuring that you receive the complete vitamin complex your body needs to thrive.
2. **Enhanced Bioavailability:** Crafted to maximize nutrient absorption, providing your body with vitamins and minerals in their most accessible forms.
3. **Rich in Antioxidants:** With added organic fruits and herbs, PotentPak supports cellular and organ health while combating oxidative stress, contributing to overall wellness.
4. **No Synthetic Additives:** Free from artificial fillers and synthetic nutrients, PotentPak is a clean, safe choice for those seeking a more traditional approach to supplementation.

5. **Convenience:** PotentPak offers a convenient all-in-one solution, making it easier to incorporate essential nutrients into your daily routine. 1 packet today will pay dividends tomorrow!

Few people today eat what has been touted as a wholefood diet. Even our organic foods are depleted and fail to fully provide the nourishment we need.

**Now that you have the facts, how do you want to nourish your body?**