



# THE 5 WORST & BEST

HEALTH  
SUPPLEMENTS  
FOR 2022

# **THE 5 WORST & BEST HEALTH SUPPLEMENTS FOR 2022**

The unfortunate truth about most supplements is that they don't do anything...

...Yet in the United States alone, \$35 BILLION per year is spent on them.

Even regular vitamins, can not only be non-beneficial, sometimes they actually increase disease risk.

In clinical trials, beta-carotene increased risk of lung cancer for those who took it while being a smoker.

Too much Vitamin E supplementation increased risk of prostate cancer.

Luckily, most multivitamins containing Vitamin E, do not contain an amount that will pose danger.

But there are some supplement ingredients you should be particularly aware of, and we'll cover those first...

# Here are our WORST 5 Health Supplements for 2021 and beyond...

## #5 Worst Supplement

### Pennyroyal Oil

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Pennyroyal Oil is a herbal extract from a plant in the mint family, and is applied to the skin to kill germs and keep insects away.

This has been great for over 200 years, prior to modern medicine, when someone had an infection and needed something quickly to help sterilise a wound.

It is also used topically for gout, venomous bites and mouth sores; and as a few-killing bath.

*The big problem with this, however, is that it is highly toxic.*

Now I'm not suggesting that people drink this, but if they 'were' to drink it, it can cause seizures, coma, cardiopulmonary collapse, acute liver injury, renal insufficiency and multi organ failure.

Even when applied to the skin, it can cause damage to the kidney and make existing kidney disease worse. It can also cause liver damage.

Some people choose to drink Pennyroyal Tea, but that also is taxing on the liver, and can be fatal to infants and children.

## #4 Worst Supplement

### Bitter Orange

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Bitter orange is found in some weight loss dietary supplements, and contains a stimulant called synephrine.

Synephrine claims to burn calories, increase fat breakdown and decrease appetite.

While it might reduce your appetite a tiny bit, this is likely to be a placebo effect...

*...And unfortunately there is no evidence that it actually affects people's weight at all.*

More concerning is the fact that the National Institute of Health (NIH) has determined that supplements containing bitter orange might not be safe.

They can cause chest pain, anxiety, headaches, muscle and bone pain, a faster heart rate and higher blood pressure.

## #3 Worst Supplement

### Capsaicin

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Capsaicin is the active ingredient in chili peppers that gives them their bold, hot flavor.

Capsaicin is promoted as an ingredient in some weight loss supplements because some studies have shown it can help burn calories while keeping you feeling full.



The NIH says that there is no clear evidence that this actually does cause people to lose weight.

And the NIH warns that Capsaicin often causes stomach pain, burning sensations, nausea and bloating.

## #2 Worst Supplement

### Garcinia Cambogia

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Some weight loss supplements boast that the ingredient Garcinia Cambogia can decrease the number of new fat cells that your body makes, while suppressing appetite.

However, the NIH has found that Garcinia Cambogia has no effect on weight loss.

Plus, when it is consumed in concentrated, supplement form (as opposed to as a whole food ingredient), it can cause headaches, nausea, upper respiratory tract issues, stomach ache and problems in the intestines.

# #1 Worst Supplement

## Yohimbe

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Yohimbe extract is an ingredient found in some weight loss supplements, and is claimed to help increase fat loss.

However the NIH has determined that this extract does not help people shed any pounds.

It is also used in male health supplements, with claims that it helps improve libido, increase muscle mass and treat male sexual dysfunction.

The NIH has concerns over the safety of this extract, particularly at doses of 20 mg or higher.

The concerning side effects include high blood pressure, headaches, agitation, anxiety, rapid heartbeat, heart attack, and even death.

*For healthy and safe ways to drop some unwanted pounds, take a look at the **Top 5 Health Supplements for 2021...***

# Top 5 Health Supplements for 2021...

## #5 Peak BioBoost+

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Peak Biome is designed to give people regular bowel movements...

...But it works for many people, whom 'fibre-based' supplements do not.

Yes it does boost your overall fibre, but there is so much more to it than fibre.

And this unique formulation provides regular, healthy bowel movements for thousands of people.

Recent research has shown that constipation is caused by many different things:

1. Low fiber intake
2. Antidepressants
3. Opioids and NSAIDS taken for pain relief
4. Calcium-Channel blockers (used for high blood pressure)
5. Antihistamines used for allergies
6. Anticholinergics
7. Certain nutritional supplements like iron
8. Heartburn medications like PPIs and even antacids like Tums...
9. And many others!

So this is why a lot of people who try 'traditional' solutions for constipation have not found the results they want.

Peak Biome fixes constipation issues in people whom fiber alone can't fix, and for whom laxatives actually make it worse.

It does this by fixing the gut microbiome, relaxing nerves gripping to your intestines, building and softening stools, and accelerating how quickly your stool moves through your intestines.

For the full details, please visit the link below:

<https://nutritionfilledlife.com/peak/>



## #4 NeuroActiv6

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NeuroActiv6 helps build focus, brain power and mental energy, through a unique formulation of 36 superfoods.

This includes:

- 100mg of BDNF (Boosting NeuroFactor Whole Coffee Fruit Extract)
- 250mg of Ashwagandha, which relieves stress and anxiety
- 250mg of Cognizin Citicoline, which increases focus, memory and concentration.

- 2500 MG of heart healthy Organic Red Fruit Polyphenols
- 6 powerful brain-boosting nootropics to provide a mental edge, more focus and reduced anxiety
- And several other high antioxidant, anti-aging, polyphenol packing, brain and energy superfoods.

If you're looking for a supplement that provides a mental edge, while protecting the brain for the long term...

...Then make sure to check out the website link below for more information.

<http://nutritionfilledlife.com/neuro>

## #3 Organifi Green Juice

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After spending 20 minutes a day creating healthy vegetable-based juices for myself, I wanted to find an alternative for when I don't have time (or don't want to clean up the mess).

I tried several vegetable juices, and found that the closest one to the full benefits of a real vegetable juice is 'Green Juice' by Organifi.

All it takes is 1 minute to grab a glass of water, add a scoop of Green Juice, stir it and drink it.

They claim that it tastes delicious, but really it tastes 'ok'.

But I'd be highly suspicious if it tasted 'too good' because this is formulated from a blend of superfoods and vegetables.

I always feel great for the rest of the day after taking this, similar to how I feel after starting the day with a well made vegetable juice recipe (yet it's faster and cheaper to mix this together).

Organifi's Green Juice contains **11 of the world's most powerful superfoods** designed to kick-start the body's processes of daily detoxing, energy production, and stress management.

It's ideal for anyone who wishes to:

- Gain the benefits of a well-formulated vegetable juice, without the cost, time and effort to put together each day.
- Have the energy to go through work and still have time (and vitality) at the end of your day to live life the way you've always strived for.
- Lose weight and slim down so you can fit back into clothes from your college or even high school days...
- Smooth out skin wrinkles and rejuvenate your hair so you can look younger.

To find out the full details, please visit the link below:

<https://nutritionfilledlife.com/organifi>

## #2 ProVen

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ProVen has been formulated to boost the body's metabolic response, and also to detox from obesogens that are present in most people's bodies.

Obesogens are foreign chemicals (from household cleaners, air fresheners, pollution and more), that alter lipid homeostasis and fat storage in the body.

Obesogens disrupt energy balance, modify the regulation of appetite and promote fat accumulation and obesity.

But flushing out obesogens, the body naturally sees a boost in metabolism, which then leads to weight loss.

There are other ingredients also in the ProVen formulation, which are designed to control appetite, boost energy and promote an improved metabolism.

**In short, ProVen has been formulated to:**

1. Detox the body from obesogens (chemicals that inappropriately alter fat storage and energy balance)
2. Curb cravings
3. Make you feel full before you've had too much to eat.
4. Speed up metabolism
5. Slow down the body's fat production
6. Keep the body from storing too much fat from food

Here is a quick video that shows how ProVen was formulated (including how to purchase it):

<https://nutritionfilledlife.com/proven>

## #1 CarboFix

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[Website: https://nutritionfilledlife.com/carbo](https://nutritionfilledlife.com/carbo)

CarboFix uses a unique blend of ingredients designed to boost the metabolism, while supporting healthy blood glucose levels.



It includes:

- Berberine, a bioactive compound that reduces body weight and causes a significant improvement in glucose tolerance (without altering food intake).

This has been tested in hundreds of studies.

- Cinnamon Bark, which scientists report improves insulin sensitivity and reduces the accumulation of white fat.
- Alpha lipoic acid, a plant extract that increases insulin sensitivity and increases fatty acid oxidation (aka fat-burning).
- Chromium, an essential mineral that impacts glucose metabolism in skeletal and heart muscles.

In an 8-week study, taking 1,000 mg of chromium daily, led to reduced food intake, hunger and cravings in healthy overweight women.

- Bentotiamine, a B vitamin that helps reduce pain and inflammation levels (while preventing cellular damage).

Inflammation is one of the things that stops the body from burning fat, so this ingredient helps to counteract that problem.

- Naringin, a flavonoid that has strong anti-inflammatory and antioxidant effects.

It has been proven to be highly beneficial in the treatment of obesity, diabetes, hypertension and metabolic syndrome.

CarboFix works where some traditional diets fail... It greatly reduces the amount of carbs that get stored as fat.

Chromium, one of the ingredients, helps your body to metabolize carbs like it did when you were younger.

And it improves blood sugar levels by directing nutrients where they need to go in your body.

Each bottle of CarboFix is:

1. Manufactured in a CGMP facility approved of by the FDA
2. Clinically validated by research-based doses
3. Third party tested for quality assurance
4. Manufactured using a unique "clean filtering" process to preserve the nutrients in each dose so they never become contaminated
5. Made with 100% pure plant extracts

To find out the full details about CarboFix, please visit the link below:

<https://nutritionfilledlife.com/carbo>