

Vitamins & Minerals – What you need to know!



Can you take medicines with vitamins or minerals?

- Some vitamins interact with certain medicines.
- For example, warfarin, a blood thinner, interacts with vitamin K and causes warfarin to lose its effect.
- It is important to check with your doctor or pharmacist before taking any supplements.

Can vitamins cure or prevent diseases?

- Vitamins can be used to cure or prevent certain diseases only if the diseases are caused by the lack of those vitamins.
- For example, severe vitamin C deficiency may be treated by taking vitamin C.
- On the other hand, taking large doses of vitamins does not cure or prevent a disease.
- Similarly, taking large amounts of vitamin E will not prevent heart problems.



Can Glucosamine and Chondroitin supplements help to reduce knee pain?

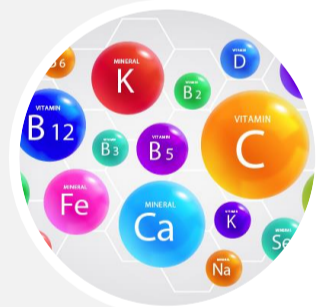


- Glucosamine and Chondroitin are components of the tissues that cushion your joints. They are produced naturally in the body.
- They are usually found together in supplements to maintain joint health.
- Studies have shown mixed results on the use of Glucosamine and Chondroitin in reducing knee pain.
- Do see your healthcare provider to determine what is the cause of your knee pain.



Does Vitamin C help to protect the skin against damage? Find out and read more on vitamins and minerals facts + myths [here!](#)

If you have a health condition, do seek advice from your healthcare professionals before consuming any health supplements.



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Promotion ends on 17 Feb 2021 or while stocks last.



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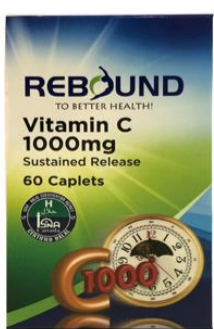
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