

# AMERICANS

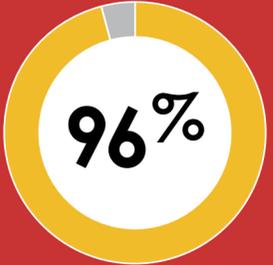
**WITH HIGHER BODY WEIGHT**

**HAVE LOWER INTAKE OF ESSENTIAL MICRONUTRIENTS**

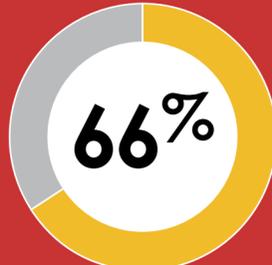
First Study to Assess Micronutrient Intake by Body Weight Using National Research Database of Americans

**67%**

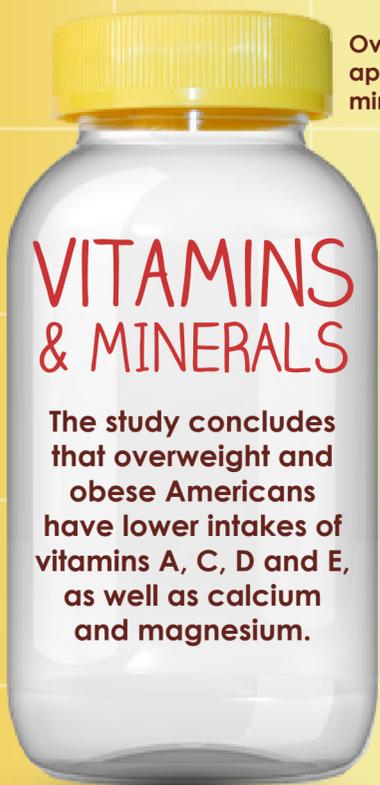
According to the Centers for Disease Control and Prevention, **more than 67 percent of Americans are overweight or obese.**



of obese adults fall short of their daily vitamin D need



of obese adults fall short of their daily magnesium need



**Overall findings: Compared to normal weight adults, obese adults have approximately 5-12% lower intake of essential micronutrients (vitamins and minerals) and therefore, a higher prevalence of nutrient inadequacy.**

- A** **Vitamin A:** Essential for healthy eye function and helps support a healthy immune system<sup>†</sup>
- C** **Vitamin C:** Provides antioxidant support and helps support the immune system<sup>†</sup>
- D** **Vitamin D:** Supports bone, teeth, muscle and immune health<sup>†</sup>
- E** **Vitamin E:** Provides antioxidant support and helps maintain a healthy heart<sup>†</sup>
- Mg** **Magnesium:** Helps support nerve, heart, and muscle function. Also supports healthy bones and teeth and cellular energy production.<sup>†</sup>
- Ca** **Calcium:** Helps build and support strong bones; Also plays a role in blood clotting, heartbeat regulation, muscle contraction, and nerve function<sup>†</sup>

<sup>†</sup> These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.

The study showed that dietary supplement users had higher overall intakes and a lower prevalence of micronutrient inadequacies compared to non-supplement users. This research demonstrates that dietary supplements help fill key nutrient gaps.

Micronutrients are important for normal growth and development and body functions.<sup>†</sup>



Micronutrient deficiencies in obese people may influence several physiological body functions, impair the immune system and increase the risk of chronic diseases.\*

In addition to making more nutrient-rich food choices, nutrient inadequacy may also be addressed by including dietary supplements, which provide important nutrients without added calories.



Citations : Agarwal S, Reider C, Brooks JR, Fulgoni VL. Comparison of Prevalence of Inadequate Intake Based on Body Weight Status of Adults in the United States: An Analysis of NHANES 2001-2008. J Am Coll Nutr 2014 [In Press].

\* Garcia OP, Long KZ, Rosado JL. Impact of Micronutrient Deficiencies on Obesity. Nutr Rev 2009;67:559-72.

