



# **NutriSearch Comparative Guide to Nutritional Supplements (2014 Consumer Edition for Australia & New Zealand)**

*Lyle MacWilliam MSc, FP*

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Released January 2014, this 5th Consumer Edition of the NutriSearch Comparative Guide to Nutritional Supplements for Australia and New Zealand has been completely re-written cover to cover. It includes the most recent and exciting scientific findings on two super-nutrients: Vitamin D and Iodine. Find out why supplementing with these two nutritional powerhouses, neither of which is prevalent in our diet, is vital to your daily health. New to this edition, the leading products from each of the Top 10 companies from each country by market share (Euromonitor International report) have been graphically compared against our 18 Health Support criteria. See how your nutritional supplements compare with others: over 250 Australian and New Zealand products examined; 18 Health Support Criteria enhanced to accommodate new research findings; new Health Support Criterion on Immune Support added. Learn about the effects of global nutrient depletion of our foods, and read about the remarkable protective powers afforded by Natural Health Products.

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