

Do You Really Need All Those Supplements? Here's What the Science Says

Walk down any health food aisle or scroll through your wellness influencer's page and you'll be bombarded with supplement advice. Multivitamins, magnesium sprays, iron pills, turmeric capsules, B-complex shots, collagen powders, greens blends... the list is endless.

But here's the critical question: do most people actually need these supplements? Or are we over-consuming based on clever marketing rather than meaningful science?

At ImmerHealth, we believe in intelligent supplementation backed by research, rooted in nature, and grounded in need, not hype.

MULTIVITAMINS

- Science shows little to no benefit for healthy adults.
- Food first, always.

MAGNESIUM

- Deficiency is rare but possible.
- Best from whole foods like pumpkin seeds and spinach.

IRON

- Only supplement if deficient.
- Too much can be harmful.

VITAMIN D

- Useful in low-sunlight climates.
- Get tested and monitor your levels.

B VITAMINS

- Helpful if you have dietary gaps or take certain medications.
- B12 is critical for vegans.

COLLAGEN

- Some benefits for joints and skin, but not a miracle.

PSYLLIUM

- Proven to help cholesterol and digestion.
- One of the best supplements available.

GREENS POWDERS

- No replacement for real vegetables.
- Use with caution and skepticism.

HERBAL ALTERNATIVES

- Ashwagandha, nettle, dandelion, and holy basil can offer whole-body support with fewer side effects.

SUMMARY:

Ask yourself:

1. Am I addressing a real deficiency or chasing a trend?
2. Have I tested or tracked the supplements impact?
3. Can I get this from food or herbs instead?

ImmerHealth's Supplement Rules:

- Food First
- Test Before You Take
- Prioritize Herbs
- Avoid Multi-Pills
- Stay Skeptical

Visit [ImmerHealth.co](https://immerhealth.co) for the full guide and weekly updates.