

vitamins & supplements

What are our plant-based options?

By Madison Margaret



Ingredients found in vitamins/supplements that are not vegan

- Gelatin
- Fish oil
- Digestive enzymes such as pepsin or lipase
- Collagen
- Bee pollen
- Joint pain medications such as chondroitin, hyaluronic acid
- fillers/coatings such as glycerin, carmine cochineal, caprylic acid

Although some vitamins & minerals are sourced from animals, such as certain lipids, variations of vitamins B and D, and digestive enzymes, there seems to be a plant-based source or substitution that provides the right vitamins without being sourced from animals.

A general rule of thumb for any vitamin/supplement consumption is to allow, every once in a while, to take a break from your routine of taking vitamins/supplements. This will allow for optimal absorption & will keep you from reaching toxic levels of vitamin consumption. No matter how clean the ingredients are, sometimes the body just needs a break from processing and breaking down capsules. Water soluble vitamins (such as vitamins A, C, E and K) tend to clear out of the body quicker than non water soluble vitamins (for example, vitamin B).

vitamins & supplements

To avoid taking capsules and supplements focus on consuming mostly super foods and other wholesome food that are clean, organic, and not over cooked.



Superfoods:

- **Berries** - antioxidants, fiber, vitamins A and C. Consuming berries helps to decrease your chances of heart disease, cancer, auto-immune diseases and also decreases inflammation
- **Avocado** - packed with healthy fats, fiber, potassium, and monounsaturated fats
- **Leafy greens** - vitamins A, C, B, E and K. Also provides ample amounts of magnesium, iron, potassium, and calcium.
- **Nuts** - antioxidants, protein and healthy fats. Can provide vital nutrients needed to sustain good health. Also can provide long term energy.
- **Tomatoes** - contains high levels of vitamin C which supports healthy immune function and healthy skin. They contain high amounts of potassium and they are very hydrating.

Other nutrient dense foods:

- **Black beans, legumes, chickpeas** - packed with protein & healthy fats
- **Broccoli & cauliflower** - excellent source of fiber and vitamins A, K, C and B.
- **Whole Grains** - protein, long term energy
- **Kale** - protein, vitamins A, C, B, E and K. Provides vital minerals and metals such as magnesium and iron.
- **Hemp seeds** - supports healthy endocrine function. Great source of healthy fats
- **Chia** - contains high levels of protein and can help to draw out toxins from within the body.

vitamins & supplements

Check out our pinterest page & find more info from our pins!

[vitamins & supplements](#)

More info found from sources such as:

[non-vegan supplement ingredients](#)

[10 Multi-vitamins vegans should take](#)

[best multi-vitamin for vegans](#)

[18 superfoods that are worth their title](#)

More direct links, where you can instantly purchase plant-based vitamins:

[buy vitamins/supplements online from Amazon](#)

[buy vitamins/supplements online from Target](#)

[futurekindvitamins](#)

[naturelovitamins](#)

[thevitaminshoppe](#)

[buy vitamins/supplements online from Wholefoods](#)

[buy vitamins/supplements online from CVS](#)

[Walgreens vitamins](#)

[personanutrition](#)

[vitable](#)

[vita rx](#)

[ritual](#)