



New Report Released Indicating Diet Supplementation Is Not Hard But Easy

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Calgary, Alberta based company, One Day to Health, has announced that they have released a new report on diet supplementation. The report, titled Why Supplementation Feels Hard but Really is a Piece of Cake, is now available for reading.

The report covers diet supplements, and gives a brief overview of what they are, and whether or not they should be taken. It also discusses how to find the right supplements and why these specific supplements are important. The report explains why so many people are confused and conflicted about whether diet supplementation is safe or unsafe and whether it is ultimately helpful or unhelpful, as well as what to do about it.

Preben Ormen, co-founder of the One Day to Health website and web community, says, "Our goal is to provide information about how supplements can and do help people to feel better, as well as how to know which supplements you need for specific issues that you may be having."

Ormen says that it can be difficult to determine how to read labels to find the information needed to choose a

supplement. The website offers this report as a means of helping consumers to better understand the benefits of supplementation and how it works.

"You just can't be too careful, and you can never know too much," Ormen says. "We want to help people to feel their very best, and this report gives you vital information on how you can achieve that."

The report begins with basic information about diet supplementation and then offers specifics on choosing supplements and how and when they should be taken. Ormen says that the report also gives information on how consumers can avoid things that they do not want to take and how to find things that they do. The company states that with the report, anyone can learn to read supplement labels, ensuring that they always find the right supplements for their health and diet needs.

Those wishing to learn more about One Day to Health can visit the company on their official website. More information about the new report is also available on the company's website.

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One Day to Health

One Day to Health shares insights into nutrition, weight loss, exercise, supplements, aging, and emotional and physical health. We help you make healthy choices today so this one day will lead to a healthy mind and body.

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