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# Premier Medical's The Skinny Minute

September/October 2021

## **Eat Your Veggies & Take Your Vitamins!**

Vitamins don't provide energy, like carbohydrates, proteins and fats do, but they are essential compounds that help the body grow and function optimally. Thirteen essential vitamins help boost your immunity, strengthen your bones, heal wounds, bolster your eyesight and assist you in obtaining energy from food, among multiple other functions. Without adequate vitamin intake you may feel lethargic, be vulnerable to infection or viruses and develop other serious complications that can endanger your health.

Vitamins are classified as fat-soluble or water-soluble, referring to where they are stored in the body. Fat-soluble vitamins include A, D, E and K and are retained for up to six months in your various fat stores. Water-soluble vitamins circulate through your blood and include the B vitamins (B-6, B-12, riboflavin, thiamine, niacin, pantothenic acid, biotin and folate) and vitamin C. Your body doesn't store water-soluble vitamins, so you must replenish them regularly.

Each of the 13 vitamins has a specific function, but they also work together to help provide optimal health. Vitamin A supports healthy eyesight, skin, bones and teeth. You need vitamin C to support absorption of the mineral iron, provide

immune protection, and encourage healthy tissue development. Vitamin D boosts bone health and provides a solid body defense system. Vitamin E facilitates your body's use of vitamin K, which helps in blood clotting and bone health and promotes the formation of essential red blood cells. The eight B vitamins support a healthy metabolism, brain function, hormone production, regular heart operations and proper functioning of the central nervous system.

A diet rich in a variety of fresh vegetables, fruits, fortified dairy, whole grains, dried beans and lentils, and lean meat and fish helps you supply your body with vitamins and nutrients naturally. However, adding a supplement will give you an extra layer of protection against illness, something we can all benefit from, now more than ever!

We offer HealthWise® Nature's Multivitamins at our office. They can be purchased by anyone anytime, whether you're a current patient or not. They consist of all of the above mentioned vitamins to make life easy and keep you healthy.

Dr. Fabrizio has been taking Vitamin D3 in addition to his HealthWise Multivitamin. He feels that it may provide benefit in regards to Covid with very little risk.