



Can you take supplements while fasting?

The simple answer is yes. So most supplements, which are vitamins and minerals and herbs and so on, don't affect fasting so much. So if you want to take it, you certainly can. The main thing while fasting is really to not eat food so that insulin drops, and those supplements don't have much of an effect on insulin, so certainly it's safe to take them while fasting and they shouldn't have a lot of effect on the results.

If you want to know if you need to take supplements during fasting, generally you don't need to take any supplements. Most of us have enough vitamins and minerals from the foods that we're eating, especially if we're eating natural, whole foods, as opposed to processed foods, which have a lot of these sort of natural vitamins taken out of them. If you get worried that you're not getting enough nutrition during fasting, in general, multivitamin is all I would recommend. Certainly taking more supplements isn't harmful, but at the same time, there's really very little proven benefit to taking too much of these other supplements.