2007 Dream Team Classic - 189 lbs. Clayton Foster, Dream Team member from Idaho, in on a double leg against Chris Honeycutt, All-American from Ohio. Foster decisioned Honeycutt 9-4. Photo by Wyatt Schultz.

Phytochemicals also provide additional antioxidants and the blending of a wide combination of critical nutrients necessary for an individual's health.

An excellent daily multivitamin supplement not only develop your general bodily functions, it also improves your mental and physical condition and well being. Basically, the body needs 13 essential vitamins to function properly. Regulating the crucial performance of the body requires vitamins A, B, C, D, E, K, B12, and the 7 B-complex vitamins. The majority of these vitamins are obtained by our body through the food that we eat. The danger—possibly even leading to mortality—occurs when our body operates from a deficiency of the essential vitamins. This is why vitamin supplementation is a healthful choice. It counteracts the illness caused by vitamin deficiency, and many individuals therefore make vitamin supplementation part of their daily diet. Many people, however, still ask why is it necessary for individuals to take multivitamins when the majority of our daily diet can provide us with the basic nutrients we need? The answer is that while supplementation may not be compulsory, still everyone can benefit from taking a multivitamin daily. It remains true that we should always strive to eat a healthy and balanced diet—no matter the age or