

First Multivitamin Specifically For Nutritional Needs Of Smokers

Quit Co. launches Quit Nutrition, a multivitamin, the first ever to supplement the specific nutritional deficiencies common in smokers.

GREENWICH, CT., Tuesday, May 3, 2016 – Cigarette smoking actually causes specific nutritional deficiencies that lead to the many well known health problems. Until now, there has never been a product to specifically boost smokers nutritional needs. Quit Co. recently launched Quit Nutrition, a multivitamin, to help smokers maintain health and repair damage caused by tobacco use.

Quit Nutrition is a high quality multivitamin, with minerals, herbs, and amino acids, in a once a day tablet. Quit Nutrition supports smokers with high levels of antioxidants, for protection from free radicals in cigarette smoke, additional B vitamins for energy, herbs that help improve stamina and support the immune system, the Coenzyme Q10 for heart health, and the amino acid n-acetylcysteine to help support the lungs.

The harmful chemicals in tobacco smoke cause damage to tissues and cells, which require vitamins and minerals for repair. Smoking causes so much damage, often there is often not enough left for normal health maintenance. Each cigarette depletes the body of 25 mg of vitamin C, weakening the immune system. Vitamin E is an antioxidant and essential for cellular repair, especially to the mouth, throat, and lungs. Research shows low levels of vitamin E are correlated with higher rates of cancer.

Despite marketing messages, smoking actually causes stress. Oxidative stress occurs when there are too many free radicals and not enough antioxidants. Nicotine causes spikes in blood pressure, and the carbon monoxide in cigarette smoke actually steals oxygen from the bloodstream. All this causes the release of stress hormones, such as cortisol, requiring B-vitamins for energy production to counteract it. Also, stressful situations are one of the most common triggers to smoke again after quitting.

A diet of raw fruits and vegetables is a good way to get many of the nutrients required for proper health. Raw foods have enzymes can actually change the perceived pleasure from smoking. However, this diet is often not enough, especially for smokers, and supplements are necessary to get enough of the nutrients required to support health and repair the damage after quitting smoking.

Quit Nutrition Multivitamin is the 3rd product from Quit Co. that is intended to help smokers with natural, and behavioral support. Quit Nutrition is available nationwide on many online retailers such as Amazon.com, and will be distributed by Select Nutrition Distributors.

About The Quit Company, LLC

Based in Greenwich, Conn., The Quit Company, LLC “Quit Co.” develops products and services designed to help people quit smoking for good, using the Substitution Strategy for Quitting Smoking. This strategy is based on the behavioral modification therapy principles of habit reversal.

SOURCE: The Quit Company, LLC

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