

Getting the Most from Your Supplements: A Guide to Better Results

What is Targeted Supplementation?

Taking supplements isn't just about "taking vitamins." It is about giving your body the right information at the right time to help it heal. By choosing the best forms and taking them in the correct order, we make sure your body actually absorbs and uses what you are taking.

Why This Matters For You

- **Better Absorption:** You don't just "eat" your supplements; you have to absorb them. Using special forms (like liquids or "fat-wrapped" bubbles) ensures the nutrients reach your cells instead of just passing through your system.
- **Nutrient Teamwork:** Some nutrients work better in pairs. For example, when we combine certain antioxidants, they work three times harder than they would alone.
- **Less is More:** By using high-quality, "smart" supplements, we can often reduce the total number of pills you need to take. This helps prevent "pill fatigue" and keeps your routine simple.
- **Safety First:** Understanding how your supplements interact with your medications ensures your plan is safe and effective.

What You Can Do Today

1. **Check Your Forms:** Look at your supplement labels. If you have trouble with digestion, we may switch you from standard capsules to "liposomal" or "sublingual" (under the tongue) versions that bypass the gut.
2. **Follow the Sequence:** We usually follow a "Prepare, then Target" approach. This means we might open up your body's natural detox pathways before we start adding heavy-duty nutrients. Stick to the order on your protocol!
3. **Simplify Your Routine:** If you feel overwhelmed by the number of bottles on your counter, let's talk. We can often find "all-in-one" powders or prioritize the most important ones to keep your stress low.

Questions to Discuss with Your Practitioner

- "Are there any supplements I'm taking that might work better if I took them together?"

- "Can we review my current medications to make sure my supplements are 100% safe to take alongside them?"
 - "If I struggle to swallow pills, are there liquid or powder versions of my protocol available?"
 - "Which 2 or 3 supplements are the most important for me to focus on right now?"
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