

Choosing High-Quality Supplements Safely

What are Supplements?

Supplements are concentrated nutrients, herbs, or vitamins used to support your health. Unlike prescription drugs, which are designed to treat specific diseases, supplements are meant to provide your body with the "building blocks" it needs to function at its very best.

Why This Matters For You

Navigating the world of vitamins can be confusing. Choosing the right products is about more than just price—it's about your safety and your results. - **Get What You Pay For:** Many "bargain" supplements found in big-box stores have been found to contain fillers or may not even have the ingredients listed on the label. - **Avoid Bad Reactions:** Even natural herbs can "clash" with prescription medications. Knowing exactly what is in your bottle helps prevent dangerous interactions. - **Better Results:** Professional-grade supplements are tested by outside experts to make sure they are pure, potent, and easy for your body to absorb.

What You Can Do Today

1. **Check for "Quality Seals":** Look at your current supplement bottles for symbols like **NSF, USP, or Informed Choice**. These seals mean an independent lab has verified that the product is clean and accurately labeled.
2. **Do a "Medication Check":** Make a complete list of any prescriptions or over-the-counter medicines you take. Share this with your coach before starting any new supplement to ensure they work safely together.
3. **Choose Trusted Sources:** While it's tempting to buy the cheapest version on Amazon, using a professional-grade dispensary ensures the product has been stored at the right temperature and isn't a "fake" or expired copy.

Questions to Discuss with Your Practitioner

- "Are any of these supplements known to interfere with the medications I am currently taking?"
- "Why did you choose this specific brand for me instead of a standard store brand?"
- "What specific 'quality seals' should I look for if I need to buy a replacement while traveling?"

- "How will we monitor if these supplements are helping my body function better?"
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