



Tips for choosing a dietary supplement...

- Have your client get a blood test, if there is concern about deficits.
- Make sure vitamin levels, especially fat soluble vitamins (A,D,E, and K) are close to the RDA level.

NOTE: There is more latitude with water soluble vitamins since they metabolize differently.

- Check the herbal components to make sure there are no contraindications.
 - High quality supplements will provide a list online of these contraindications.
- Look for qualified, third party reviews to help ensure high quality product.
- Look for partnerships with reputable research organizations.