

## **Supplement Safety and Efficacy Alert: Protect Yourself Against Over- and Under-Nutrition, Drug-Nutrient Interactions and False Claims**

### **What you need to know about vitamin and mineral supplementation:**

It's well understood by leading nutritional researchers and experts today that:

- the right supplement program can improve an individual's: natural immunity and resistance to disease, ability to cope with stress, energy and stamina, joint health, mood, athletic performance and more.
- each of us has unique biochemical needs and require special considerations when supplementing to optimize health and performance.
- nutrients have different effects on our metabolism at different doses.
- factors influencing appropriate doses of nutrients include: age, gender, geography, dietary habits, lifestyle habits, medical conditions, familial predispositions, work, sleep, stress factors and medications.
- some commonly used doses far exceed levels that have been proven safe and effective.
- over-dosing of some nutrients (beta-carotene, vitamin E, B vitamins, etc.) has become as commonplace as under-nutrition is with other nutrients (vitamin D, EPA/DHA, magnesium, selenium, chromium, etc.).
- nutrients have different effects on our metabolism when given at different times of the day.
- nutrients have different effects on our metabolism when given in different combinations.
- nutritional supplements interact with OTC and prescription medications.
- some drug-nutrient interactions are synergistic and beneficial, while others have serious adverse effects.
- there are now far too many important variables, and information and understanding is evolving far too quickly for individuals to properly tailor supplement programs for themselves while ensuring the safety and effectiveness of their programs.

- an evidence-based software engine, with thousands of state-of-the-art nutritional rules, has been developed and made available to leading health professionals to help them ensure that their patients have access to properly personalized nutrient recommendations, based on the latest science.
- this web-enabled rules engine, known as NutriLogic, is updated weekly to ensure safety and optimize effectiveness, and takes each of the above factors into careful consideration in its recommendations, safeguarding against under- and over-nutrition, drug-nutrient interactions and much more.
- the rules engine has been incorporated into a system known as NutriScan<sup>®</sup>, which takes the nutrient recommendations output and utilizes automated nutrient packaging technology to create one-of-a-kind personal nutrition packets, that are printed with the individual's name and the best time of day that each packet is best taken to optimize results...there are thousands of nutrient combinations and variations available to meet precise individual needs.
- the patient completes their questionnaire in the comfort and privacy of their home, workplace or doctor's office, as they wish, and top level security systems ensure the highest medical privacy standards are upheld.
- regular updates are encouraged to capture and compensate for changes in health, lifestyle, medications and even seasonal variations in nutrient needs.
- the best educated and most experienced health professionals and nutritional experts are incorporating this technological breakthrough to improve their patient outcomes.

Ask your Health Professional for the NutriScan<sup>®</sup> Patient Brochure, Health Bulletin Issues 1, 2 & 3 and the instructions on how to access the online Health and Lifestyle Assessment.

There is NO CHARGE TO DO SO. You will need their professional Access Code to enter and proceed.