



Healdsburg Nutrition

Not all Supplements are created equal!

Poor quality supplements may be ineffective in their results—this handout will help you demystify the vast world of supplements

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Where should I buy my supplements?

- ↓ Drug stores are the least expensive and lowest quality
- ↓ Internet - better pricing but you need to be aware of quality issues before you buy
- Multi Level Marketing - offers good source of education, may require a joining fee
- ↑ Natural Food Stores - offer a range of quality and good variety and may have staff to advise you
- ↑ Professional Lines—through your Nutrition Consultant who has done the research on quality

Anatomy of a Supplement The Small Print

A reputable company will list these ingredients in the product. If they aren't listed, you can be sure they are included. These additives can cause digestive upset and sensitivity so be sure to use a brand that lists them:

Fillers: take up empty space in capsule or tablet

Excipients: inert substances added to raw material in order to achieve desired consistency

Flowing Agents & Lubricants: prevent raw materials from clumping during the manufacturing process or storage

Binders: hold the ingredients together for tablet formation—they include gum arabic, cellulose and lecithin that can cause mild to severe asthma, rashes or allergies

Disintegrants: assist tablets in breaking down after consumption—such as modified cellulose

Colorants: look for natural colorants such as beets, carrots or chlorophyll or none at all

Flavors/Sweeteners: in liquid, chewables and some powder mixes

Coating Materials: to protect tablet from moisture and crumbling. Gelatin is an animal by product and not suitable for strict vegetarians

Selecting High Quality Supplements

- Whole food supplements maybe better utilized by the body
- Cost should not be the determining factor—quality should be
- Opaque or dark colored containers protect the purity and potency of the product
- The label should provide as much information about the ingredients as possible
- There should be an expiration date
- The product is registered with the Natural Products Association (NPA), a trade group that offers a “true label” program
- Look for a company that offers a standard of manufacture called *Good Manufacturing Practices* (GMPs). These standards are imposed by the FDA

The Bottom Line before using Supplements

- √ Check with your Nutrition Consultant before adding supplements to your diet, he/she can locate missing nutrients by reviewing your food intake and making recommendations to add them to your diet.
- √ Check with your health care provider before adding supplements. Interactions between medications and nutrients may occur.

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