

SUPPLEMENTS SIMPLIFIED

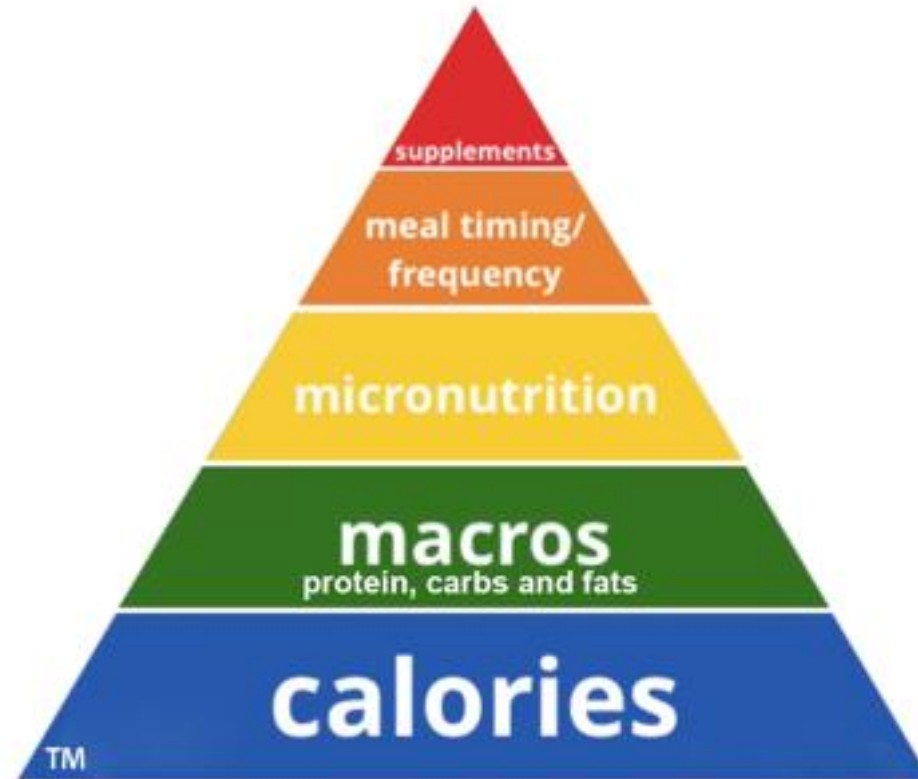


WHY THIS MATTERS

- Supplements are a \$170+ billion global industry
- Misinformation is everywhere
- Many people take more than they need — or the wrong kind
- Goal today: Clarity, confidence, and personalized health-focused decisions



NUTRITION HIERARCHY



Nutrition Importance Pyramid

SUPPLEMENTS

A dietary supplement is a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet.

Dietary supplements include:

- Vitamins
- Minerals
- Enzymes
- Herbs
- Amino acids
- Protein
- Creatine
- Fiber

Dietary supplements are available in various forms:

- Capsules
- Powders
- Soft gels
- Gummies
- Liquids



DO YOU REALLY NEED THEM?

Ask yourself:

- Am I getting enough from food?
- Do I have a diagnosed deficiency?
- Do I have higher needs due to age, pregnancy, or activity?



COMMON NUTRIENT DEFICIENCIES

Children:

- **Iron**: Crucial for red blood cell production and oxygen transport. Deficiency can lead to anemia, impacting growth and development.
- **Vitamin D**: Essential for bone health and calcium absorption. Deficiency can cause rickets and other bone abnormalities.
- **Calcium**: Important for bone and teeth development. Deficiencies can lead to weakened bones.
- **Vitamin B12**: Important for nerve function and red blood cell formation. Deficiency can cause anemia and neurological problems.
- **Zinc**: Important for immune function and growth. Deficiencies can impact growth and development.

Adults:

- **Iron**: Women of childbearing age are at higher risk due to menstruation and pregnancy.
- **Vitamin D**: Deficiency is common, especially in those with limited sun exposure or darker skin pigmentation.
- **Folate**: Important for cell growth and development. Deficiency can cause anemia.
- **Vitamin B6**: Important for nerve function and immune health. Deficiency can be more common in certain populations.
- **Iodine**: Iodine is an essential mineral for normal thyroid function and the production of thyroid hormones
- **Magnesium**: Important for muscle and nerve function.





FACTORS INFLUENCING DEFICIENCIES

Inadequate Intake:

- Poor diet
- Restrictive diet
- Food scarcity

Impaired Absorption:

- Gastrointestinal disorders
- Age: As individuals age, stomach acid production and digestive enzyme activity may decline, making it harder to absorb nutrients like B12, iron, and calcium.
- Alcohol excess: Chronic alcohol consumption can disrupt nutrient absorption and metabolism.
- Medications: Certain medications can interfere with nutrient absorption or increase their excretion from the body.
- Other factors: Poor gut health, chronic stress, dehydration, and certain food combinations (e.g., high calcium intake affecting zinc absorption) can also impact absorption efficiency.

Increased Requirements:

- Life stages: Pregnancy, lactation, childhood, and adolescence are periods of increased nutrient needs for growth and development.
- Chronic illnesses: Many chronic conditions can increase the body's demand for certain nutrients or interfere with their utilization.
- Increased losses: Conditions like chronic diarrhea, kidney disease, or burns can lead to excessive nutrient loss, requiring increased intake to compensate.

SUPPLEMENT ADVANTAGES

Supplements quickly and easily “top off” any further dietary needs or desires that a daily diet is not achieving.

Many dietary supplements can improve overall health and manage some health conditions.

- Protein powders are convenient for increasing protein intake, therefore advancing recovery. Protein powders travel well, are great for baking, and can be mixed simply with water for easy consumption.
- Supplementing omega 3 fatty acids are beneficial for people that don't like fish and would otherwise not consume proper levels to support their health.
- Supplementing creatine can improve recovery post-exercise, increase an athletes' ability to tolerate heavy loads during training, improve cognitive function, and lower the risk for neurodegenerative diseases.



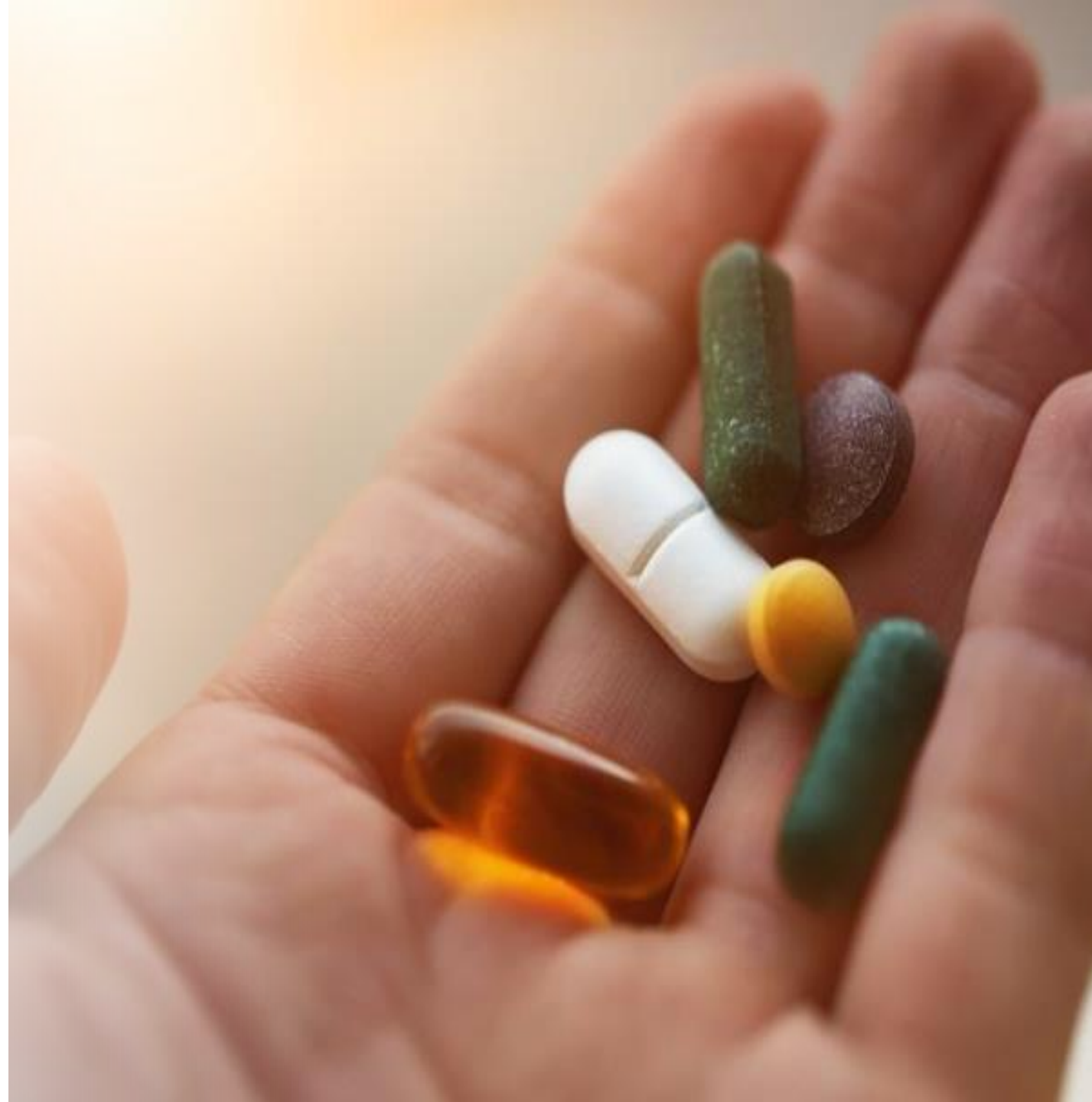
SUPPLEMENT DISADVANTAGES

- Multivitamins are unlikely to pose any health risks. However, it is important to be cautious and informed about what is being consumed.
- Supplements may interact or reduce effectiveness with prescription medications or pose risks if another medical condition is occurring.
- Additionally, not all supplements have been tested for safety for pregnant or breastfeeding women.
- Supplements are one dimensional, while the human body is very complex. Supplementing one nutrient may offset the proper absorption of another.
 - Zinc reduces the amount of copper the body absorbs. High doses of zinc can cause copper deficiency.



ARE SUPPLEMENTS SAFE?

- Dietary supplement manufacturers and distributors do not need FDA (Food & Drug Administration) approval to sell supplements. The FDA regulates supplements as a food not as a drug.
- By law, Dietary Supplement and Health Education Act (DSHEA), supplement manufacturers are responsible for ensuring that the dietary supplement is safe before they are marketed.
- However, manufacturers can sell these products without submitting evidence for potency, purity, safety, or effectiveness.
- Once a product is on the market it is the responsibility of the FDA to prove that the product is unsafe before they can take action to restrict the products' use or sale of the product.



ARE SUPPLEMENTS SAFE?

The good news...

- Many dietary supplements have great safety histories. For example, millions of Americans responsibly consume multi-vitamins and experience no ill effects.
- Additionally, some dietary supplements have been shown to be beneficial for certain health conditions.

The bad news...

Some supplements have had to be recalled because of proven or potential harmful effects. Reasons for these recalls include:

- Microbiological, pesticide, and heavy metal contamination
- Absence of a dietary ingredient claimed to be in the product
- The presence of more or less than the amount of the dietary ingredient claimed on the label





- Food first, supplements second
- Choose targeted supplements for your needs
- Reassess yearly (lifestyle, diet, lab tests)

SMART SUPPLEMENT STRATEGY

ARY

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Serving Size 2 Tablets • Servings Per Container 50

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ong ingredient, too much or too
sk for contamination, improper
- out harmful levels of containments,
tains the ingredients on the label,
organization that tests supplements;
- | Supplement | |
|--|---------------------------|
| Serving Size 2 Tablets | Servings Per Container 50 |
| Total Carbohydrates..... | 10g |
| Vitamin C (as ascorbic acid)..... | 2 g |
| Vitamin E (as d-alpha tocopherol)..... | 3500 IU. |
| Inositol..... | 120 mg |
| Biotin..... | 400 IU |
| Niacin (Vitamin B3)..... | 30 IU |
| Riboflavin (Vitamin B2)..... | 3 mg |
| Folate (as folic acid)..... | 1.7 mg |
| Vitamin B12 (as cyanocobalamin)..... | 20 mcg |
| Pantothenic acid..... | 2 mg |
| Iodine (as potassium iodide)..... | 200 mcg |
| Magnesium (as magnesium oxide)..... | 100 mg |
| Zinc (as zinc gluconate)..... | 10 mg |
| Selenium..... | 50 mcg |



TESTED & VETTED SUPPLEMENTS

Several brands are recognized for producing high-quality supplements, with a focus on purity, potency, and scientific backing.

- Full Script (Online dispensary)
- Thorne (Several, creatine)
- FullWell (Prenatal)
- PaleoValley (Protein, organ supplements, coffee)
- Pure Encapsulations (Several)
- Nordic Naturals (Several)
- Microbiome Labs (Several, pre/probiotic)
- Designs for Health (Several)
- Trace Minerals (Magnesium)
- Seeking Health (Several)
- Jigsaw Health (Electrolytes)

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Q&A

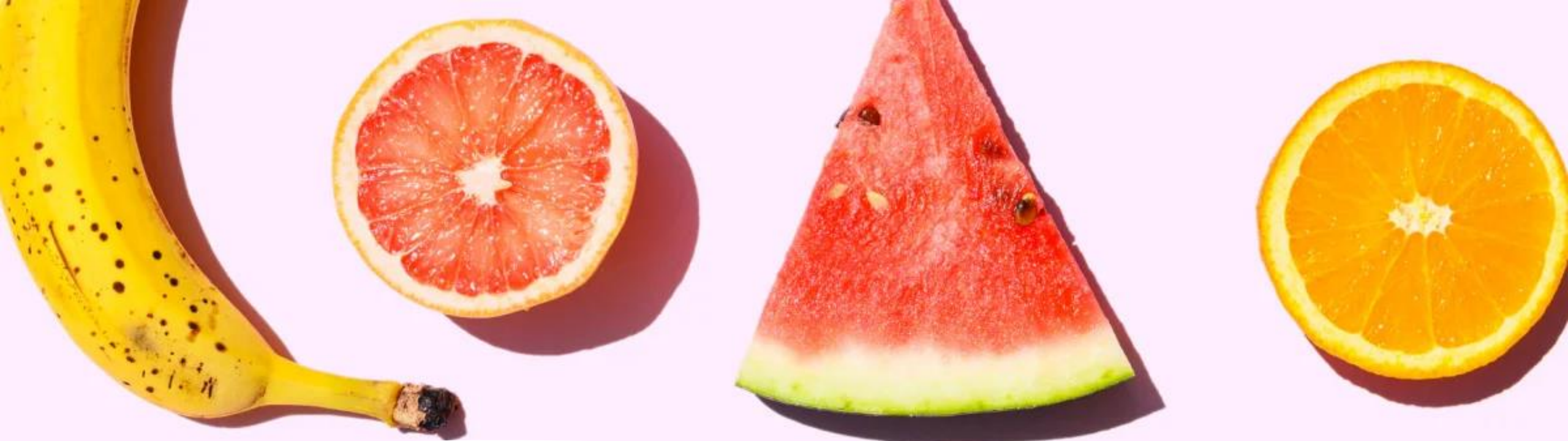
- What supplements have you been taking that you find helpful?
- What supplements have you considered taking but need more information?
- What supplements did not work well for you?





RESOURCES

- [FDA.gov](https://www.fda.gov); FDA 101 Supplements
- [FDA.gov](https://www.fda.gov); Recalls of Foods and Dietary Supplements
- [FDA.gov](https://www.fda.gov); What You Need to Know about Dietary Supplements
- [Health.Harvard.edu](https://www.health.harvard.edu); Supplements a Scorecard
- [Ods.od.nih.gov](https://ods.od.nih.gov); Dietary Supplements What You Need to Know
- [Nncbi.nlm.nih.gov](https://www.ncbi.nlm.nih.gov); Effects of Creatine Supplementation on Cognitive Function of Healthy Individuals
- [Pennmedicine.org](https://www.pennmedicine.org); The Truth About Supplements



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