



Valerie Early | Lauren Chaves
Registered - Licensed Dietitians
Medical Exercise Specialist
Registered Pharmacy Technician
Reiki Master

1443 W. Schaumburg Rd Suite 22
Schaumburg, IL 60194
P (847)-985-1200

www.nutritionconnectionbalance.com
vearly@nutritionconnectionbalance.com

SUPPLEMENT RECOMMENDATIONS

NCB recommends getting YOUR supplements directly from OUR office due to the facts below.

SUPPLEMENT RECOMMENDATIONS ARE BASED ON INDIVIDUALIZED NEEDS, TEST RESULTS AND QUALITY CONTROL.

Supplement Checklist

NCB carries supplements based on research, efficacy and safety.

Please keep this checklist in mind when evaluating supplements on the market.

1. Bioavailable - Is it readily absorbed by your bloodstream and available to benefit your body; easily digested?
2. Peer-Reviewed, HUMAN Studies - Is the research scrutinized by experts in the field before publishing? Human studies are a rarity. Example - Juice Plus has OVER 30 peer-reviewed, human studies.
3. Quality Control/Purity - Are the supplements tested AFTER manufacturing? Does the company use GMP's - Good Manufacturing Practices
4. Proper Form - Vitamin D3 (cholecalciferol form), Fish Oil - Omega 3's (triglyceride form NOT ethyl ester form), Juice Plus (food form), Whey (micro-filtered)
5. Independent Testing - 3rd Party-Tested - NSF-certified, Consumer Labs, Nutra Source Diagnostics Labs
6. Label & Unnecessary Ingredients - Look at your label. Is it a Nutrition Facts or Dietary Supplement label? Can you pronounce the ingredients? Does it have unnecessary colorings, additives?
7. Sustainable Practices - Does company use unnecessary packaging? Are they over-fishing or over-harvesting?
8. Does No Harm - Is it safe? Does it have long-term "health effects" NOT "side effects" ?
9. Individualization - Is what your taking tailored to you through testing, medical history, diet and symptoms? If your doctor or pharmacist recommends, it does not mean it works or it is right for your body's needs.

NCB strives to protect your health and safety. This is not a financial issue but a health issue.

Let us take the worry out of supplement purchases by ordering through our office.

If desired, we can keep your information on file for re-ordering and shipping purposes.

Please feel free to refer family, friends and colleagues for high quality purchases.

Supplement Truths

In 1994, the Dietary Supplement Health and Education Act, prevents the Food and Drug Administration (F.D.A.) from approving or evaluating most supplements before they are sold. The F.D.A. requires that companies verify that every supplement they manufacture is safe and accurately labeled. However, the system operates on the honor code.

Cases:

June 2004: ConsumerLab - randomly tested multivitamins off the shelf found that nearly half of the brands tested, including 2 prenatal supplements did not contain what they claim.

December 2013: The F.D.A. estimated that 70 percent of dietary supplement companies were not following basic quality control standards that would help prevent adulteration of their products. Of about 55,000 supplements sold in the United States, only 170 – about 0.3% – had been studied closely enough to determine their common side effects .- Dr. Paul A. Offit, the chief of infectious diseases at the Children's Hospital of Philadelphia and an expert on dietary supplements.

December 2013: Dietary supplements account for nearly 20 percent of drug-related liver injuries that turn up in hospitals, up from 7 percent a decade ago. In 2013, an outbreak of hepatitis that struck at least 72 people in 16 states was traced to a tainted supplement. Three people required liver transplants, and one woman died.

July 2013 - Purity First B-50 vitamins were pulled due to findings that the products were contaminated with anabolic steroids

February 2015: The New York Attorney General ordered Walmart, GNC, Target and Walgreens to stop selling certain herbal supplements due to 79 percent not containing the herbal ingredient on the label or finding contamination. Testing found that four out of five of the products did not contain any of the herbs on their labels.

March 2015: The F.D.A. spot tests approx. 1 percent of the 65,000 dietary supplements on the market, according to Todd Runestad, editor of the trade publication Functional Ingredients and the Engredea reports.

October 2015: Dietary supplements lead to an estimated 23,000 visits to U.S. emergency rooms and more than 2,100 hospitalizations every year. - New England Journal of Medicine

October 2015: Supplements were back on the shelves about a year after being recalled by the FDA for containing prescription drug ingredients. More than 60 percent still contained the banned drugs. - Journal of the American Medical Association

January 2016: Garden of Life shakes & meals recalled because of salmonella contamination.

Helpful Resources

Look for these standards but REMEMBER none of these standards show if there is a human medical benefit (health effect) or harm. These are ONLY quality control standards and ONE PART of your protection.

NSF, International & Sport: www.nsf.org - Most globally known & respected testing certification

Positives: Long history: founded in 1944 Extensive product & material testing. Unannounced plant inspections

NSF certification includes multiple evaluations involving regular on-site inspections of manufacturing facilities and regular re-testing of the products.

U.S. Pharmacopeia: www.usp.org - Available to manufacturers worldwide

Positive: Products been verified through Good Manufacturing Process (GMP), product testing, and a manufacturing documentation review.

Participation is voluntary.

Consumer Lab: www.consumerlab.com

Positive: purchases its intial samples in stores & assesses the product's quality at the time of the purchase