



# **Criteria to Consider When Selecting Supplements**



# Selection Criteria For Supplementation

choice

1

## Need

Not everyone needs a supplement - understand if you need one.

2

## Age

your risk of vitamin D deficiency increases as you age

3

## Medications

proton pump inhibitors (PPIs), can inhibit the absorption of vitamin B12

4

## Medical conditions

celiac disease can cause nutrient deficiencies

5

## Food allergies

people with allergies have a limited diet & cannot get all nutrients

6

## Type of diet

Vegans don't get Vit. B12

7

## Pregnancy

Folic acid supplement

# Selecting Quality Supplementation



1

## **BEWARE - Of supplements that make bold claims**

If it sounds too good to be true, it probably is!



2

## **READ THE INGREDIENTS**

Low-quality supplements can be full of additives that prevent the absorption of nutrients you need



3

## **CHECK THE FREE FROM INFO**

'free from': Gluten, GMO's, sugars, Additives, colourants



4

## **CHECK THE LABEL**

If you have an allergy.

# Other factors to consider when Selecting Quality Supplementation

**D**

## CHECK THE DOSE

- Choose a supplement that has the right dose for you. **More is not always better!**
- Taking too much of a food supplement can potentially cause Vit. D toxicity
- Ease of application i

**B**

## BIOAVAILABILITY

- There are different forms of nutrients and some are much easier to absorb than others.
- magnesium is available in different forms, like magnesium chloride, sulphate, bisglycinate, taurate, or citrate.
- Some of these are easier to absorb but they can also have different benefits.

**C**

## COST VS QUALITY

- There can be a trade-off between the cost & quality of the supplement, so you need to get the balance right.
- Cheaper doesn't necessarily mean better.
- Remember that supplements are only worth the money if you remember to take them

**O**

## ORIGINS & MANUFACTURERS

- Check where it's MADE or SOURCED
- Choose a reputable company
- Not tested on animals
- Look for products that are tested on humans, not animals.