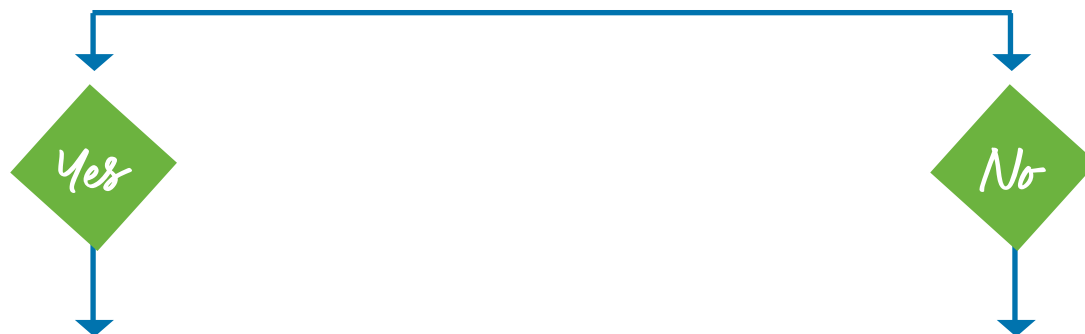


# SHOULD I TAKE A SUPPLEMENT?

A step-by-step decision guide

## Do you have a specific nutrient deficiency, dietary restriction or health condition?




Examples: vitamin D deficiency, pregnancy, vegan diet, etc.

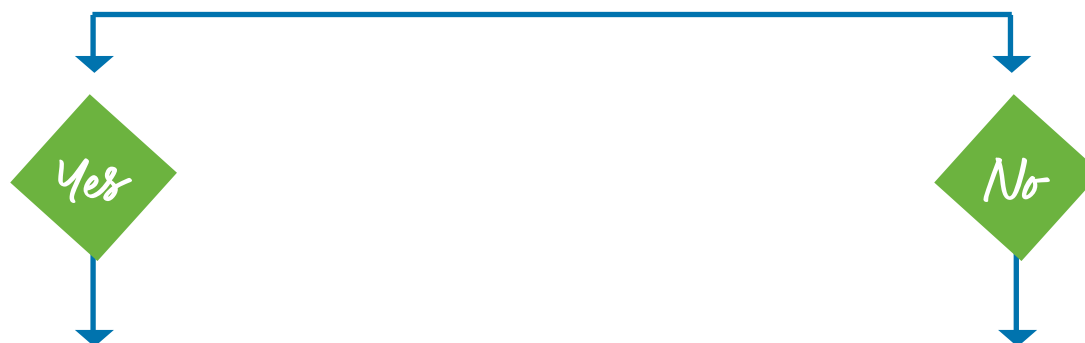


Consult a trusted [ONLINE RESOURCE](#), healthcare provider or dietitian to identify the appropriate supplement and dosage

If you have a general interest in supplements, consult a trusted [ONLINE RESOURCE](#), healthcare provider or dietitian to identify the appropriate supplement and dosage

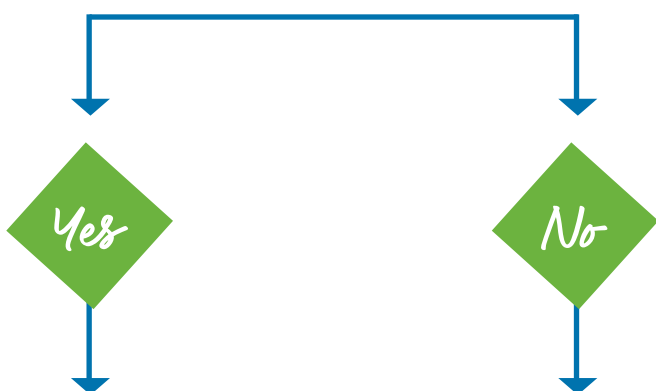
## Is the supplement you're purchasing from a trusted brand?

Look for third-party certifications from NSF, USP and ConsumerLab.     
Quality, trusted products will have a Supplement Facts label listing active ingredients, serving size and additional ingredients.



## Is the dosage appropriate for your needs?

Don't purchase supplement, and research alternative options or consult a healthcare provider for guidance.



Purchase and monitor for any side effects. Reassess supplement needs with your provider every few months.

Adjust the dosage as recommended by a healthcare provider.

