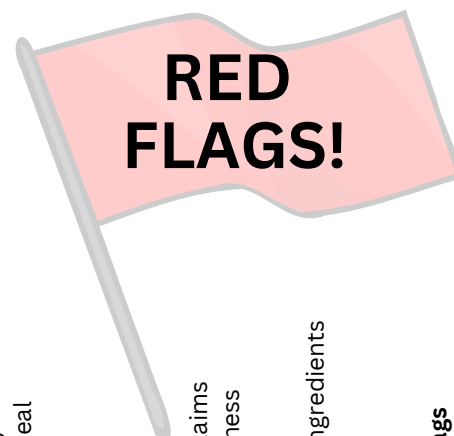




YOUR SUPPLEMENTS



Dietary supplements can play a beneficial role when a need arises - nutrient deficiency, convenience, or performance enhancement. Unfortunately, many contain too much or too little of listed ingredients, make unfounded claims, or contain harmful substances. Here are some red flags to look out for.

**List any supplements you use,
then review them by checking any relevant boxes:**

No 3rd Party Certification Seal	"Proprietary Blend"	Substantial claims for effectiveness	Contains >5 ingredients	TOTAL red flags
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL

Any red flag should indicate rethinking your supplement. Third party certification is the #1 thing to look for when choosing a supplement. They are testing for purity, potency, auditing the manufacturing facility & process, as well as evaluating labels to ensure they are accurate.

Additionally, some screen for substances prohibited by the DoD.

Look for one of these seals of certification before using a supplement.



***Although 3rd party verification vouches for a supplement's quality,
it does not confirm a supplement's efficacy.***