**Do You Need Supplements?**

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**Many of us don’t get enough nutrition from the food we eat. In fact…**

* 72% of individuals do not meet calcium needs
* 68% do not meet magnesium needs
* 41% are deficient in vitamin D
* 48% are lacking in vitamin C

**Could this be YOU?**

## Always food first, but supplements may be needed when…

* Eating foods that are nutrient depleted
* Needing more than you can get from food (even with a well-balanced diet)
* Consuming a specialty diet, such as vegetarian or vegan
* You have nutrient imbalances (there are lots of reasons why!)

## Selecting supplements requires expertise

* Don’t take the chance with recommendations given by untrained store clerks
* A less expensive supplement is not always your best choice (you often get what you pay for)
* Less desirable added ingredients (like sugar, hydrogenated oils, etc.) should be avoided
* For best support, supplements need to be personalized to your specific needs
* Some supplements can interact with medications and lead to serious health problems

Supplement know-how

* Not everyone should take a general multivitamin, even if they need many of the nutrients. Do you know why?
* When you take calcium, do you know which 3 other vitamins you must have enough of?
* The same nutrient, like zinc, can come in several different forms. Which one is best for you?

**As a Functional Medicine Nutritionist, I offer expert advice to answer all your questions. I’ll determine your specific needs and create a personalized regimen that’s safe and effective using professional-grade supplements to support your optimal health and vibrancy!**

**Schedule Your Personalized Consultation TODAY!**

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