



Should I Take a Supplement?

IN GENERAL –

A vitamin-mineral supplement made for seniors may help.

Store brands are just as good as name brands.

Make sure your doctor and pharmacist know all the drugs and supplements you are taking.

SUPPLEMENTS YOU MAY NEED



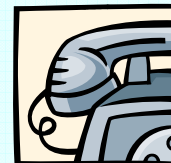
B₁₂

Folic Acid

Calcium

Vitamin D

The FDA does not pre-approve supplements like drugs. They have to prove them unsafe later. Call 1-800-322-1088 to report adverse reactions.





Unsafe Supplements

Comfrey	Germander
Kava	Organ and glandular
Pennyroyal oil	Extracts
Lobelia	Yohimbe
Aristolochia	Bitter Orange
Chaparral	Androstenedione
Ephedra	

Question the Claims



1. Who is promoting the supplement?
2. Are they trying to sell or educate?
3. Is there valid research in respected journals that support the claims?
4. Does it sound too good to be true?
5. Are they pushing you to promote to others?
6. Could this supplement be harmful?

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Bulletin # FDNS-E-89-58

Reviewed by C. Crawley June 2011