

Dietary supplement basics

To help support your general wellness or achieve a particular health outcome, your practitioner may recommend dietary supplements. Understanding what these are, how they're used, and the importance of quality will help you understand the role supplements may play in your wellness journey.

Did you know?

Compared to non-users, individuals who use dietary supplements are more likely to avoid tobacco products, engage in regular exercise, maintain a healthy weight, and make an effort to consume a healthy diet.

What are dietary supplements?

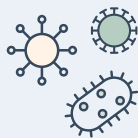
According to U.S. federal regulations and the National Institutes of Health, a dietary supplement is defined as a product that: contains one or more dietary ingredients (from food), is taken by the mouth, and is meant to supplement the diet.

Types of dietary supplements



Nutrients

A group of compounds required to sustain life and maintain health



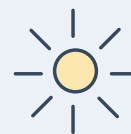
Microorganisms

Microscopic organisms such as bacteria or fungi that exist in large amounts in and on the human body



Herbal supplements/ botanicals

Plants used in herbal medicine for their therapeutic properties



Hormones








Substances that act as chemical messengers in the body



Enzymes

Substances that break down carbohydrates, lipids, and proteins, and degrade potentially harmful substances

Reasons you may need to supplement

-  Decreased nutrient levels in foods due to modern agriculture
-  Impaired digestion and absorption
-  Increased requirements as a result of certain health conditions
-  Increased requirements during certain periods (e.g., adolescence, pregnancy, lactation)
-  Low dietary intake and/or poor quality diet
-  Nutrient depletions associated with medications (e.g., oral contraceptives, proton pump inhibitors, statins)
-  Nutrient loss occurring as a result of aging or critical illness

Did you know?

Compared to non-users, daily multivitamin/mineral use may reduce the risk of a nutrient deficiency from **70% to 31%** in individuals with poor diets.

Why selecting quality supplements matters

Buying your supplements from a trusted source can help ensure you are always getting safe, accurately labeled, and high-quality products. Unlike many big-box or online retailers, Fullscript's catalog meets or exceeds the industry's highest quality-control standards.

We ensure supplement quality by focusing on four key pillars:

Strict onboarding
procedures

Monitored storage

Careful packaging

Continuous
improvement

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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team. *These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease. **Updated:** Month year (e.g., December 2020)



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