

# JBS Nutrition & Wellness

## Considerations for Selecting Supplement Companies



*It is easy to be confused about what supplements to select. Is it safe, effective, will it have any side effects? There are many supplement companies available in the marketplace. This is a guide to help narrow down your options. It is very important that you align with companies that abide by the highest ethical and manufacturing standards to ensure a high quality end product. Below is a list of questions you can use as a tool to help in the evaluation process.*

- ✓ **Is the manufacturing GMP--certified (Good Manufacturing Practices)? Are the raw ingredients derived from the USA? If not, where are the raw ingredients coming from? Is the company FDA DRUG (not food) Certified?**
- ✓ **Are products certified according to industry standards, according to one or more of the following?**
  - – **NPA** (*National Products Association*)      – **NNFA** (*Nutritional Foods Association*)
  - – **NSF** (*National Sanitary Foundation*)
  - – **TGA** (*Australian Therapeutic Goods Administration*) - FDA Dietary Supplement GMP
- ✓ **Does the Company manufacture over 75% of product or are they contract?**
- ✓ **Does the Company perform safety reviews and safety studies? Do double--blind, placebo--controlled trials on humans exist?**
- ✓ **Does the Company they have a scientific staff and advisory board? What are the credentials and backgrounds of these individuals?**
- ✓ **Are the protein powders FDA--approved medical foods or functional foods?**
- ✓ **Is the manufacturer USP--certified for tablet/capsule disintegration time? Does the Company perform 3<sup>rd</sup> party independent assays on each raw material pre-/post-production?**

### KEEP IN MIND:

1. *Supplements are often necessary to supplement a good diet or support health conditions*
2. *Not ALL supplements are created equally – know what you are buying!*

Several pharmaceutical grade products lines I recommended (and use):  
***Integrative Therapeutics, Klaire Labs, Metagenics, Xymogen, Designs for Health, Thorne***