

Considerations for Selecting Supplement Companies

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Are supplements are NOT created equal! 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 and to keep you safe. Below is a list of questions to use to help evaluate a certain product.

✓ **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 more then one 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 manufacturer 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 Company perform 3rd 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 and understand what you are buying and purpose for which you are using it!*

Several professional lines of products lines I recommended (and use): *Microbiome Labs, Integrative Therapeutics, Thorne, Pure Encapsulations, Klaire Labs, Metabolic Maintenance, Designs for Health, Xymogen, NeuroScience,*