

WHAT'S THE SCOOP ON SUPPLEMENTS?

Five things to consider before using a supplement

1. Legality - Is the supplement banned or contain banned ingredients? Make sure to do your background research for supplements before making a purchase

2. Safety - Are the ingredients safe to consume? Is there a dosage in which consumption becomes dangerous? Be sure to follow the label & don't exceed safe consumption levels.

3. Purity - Does the supplement truly contain what the label states? Look for NSF Certified for Sport supplements that have undergone testing to ensure they contain the correct ingredients & in the stated amounts.

4. Effectiveness - Will the supplement meet its claims? Will you experience performance or health benefits? Very few supplements have been proven to be effective

5. Cost - Supplements that are effective tend to be low in cost. A general rule of thumb is that a supplement should cost you no more than \$5/month. Anything more than that might be money down the drain.

Focus on a 'Food First' Approach

Nutrient dense foods can help fuel the body without any of the added risks associated with supplements. There is no substitute to a healthy & balanced diet!

