

Gutwein Family CHIROPRACTIC

120 S. Main St.
Topeka, IN

260-593-3133

Tuesday 9-5 & Thursday: 9-5



Dora Martin-Eash, LCSW, LCAC
Mental Health & Addiction Counseling
260-383-2322

Available Locations: Topeka Physicians, Topeka
and Shipse Fitness Center, Shipsewana

Forks County Line

Discount Groceries

With locations in Shipsewana
and Middlebury to serve you best.

On the east edge of Middlebury at 508 E. Warren Street

In Shipsewana North Village just east of SR 5

Hrs: Mon.-Thur. 8-5:30, Fri. 8-7:00, Sat. 8-4:30

Renew Hope Counseling, Inc. 

*My passion is helping individuals
& families find renewed hope in
their lives through confidential
& professional counseling.*

Available at these locations:
Redi-Care, LaGrange;
Topeka Physicians, Topeka;
Lima Presbyterian, Howe

Charlene Roth, LMFT
Licensed Marriage &
Family Therapist
260-585-7847



Smart Choices

By Travis Fernandez, PharmD Candidate at Topeka Pharmacy

Dietary Supplements: Are They Worth the Money?

Most American pharmacies stock supplements daily. Most people choose a wide variety of vitamins and herbal products referred to as dietary supplements. These range from simple vitamin D to more exotic bergamot. Americans spend over \$30 billion on these products every year. Are they worth it?

Most people choose them in meeting their need or because they feel it worked for them in the past. Effectiveness may lie in what each person feels will be helpful for them.

Are Supplements Safe?

Supplements are typically made from ingredients that fall under the category "GRAS," or "generally regarded as safe" for food. Unlike prescription drugs, dietary supplements are not closely monitored by the government during their creation. Supplement makers do not have to get government approval before selling to the public. However, supplements are rarely recalled, so they are likely safe. Because some supplements can interact with medications, it is important to discuss using them with a doctor.

Are Supplements Pure?

Purity means if a supplement really contains what it says on the label and does not contain anything harmful. Laboratory testing is the best way to know the purity of a dietary supplement. Some brands have their products tested at independent labs. To be sure of purity, look for a lab verification label when comparing supplement brands.

Are Supplements Effective?


Since they are not drugs, supplements are not allowed to advertise that they are effective in treating diseases. However, herbal remedies have been used for centuries in various cultures and doctors recommend

Are Supplements Helpful?

Supplements can be useful in several ways:

- To help balance lab values when ordered by a doctor, like in the case of low vitamin D levels.
- To help boost health 'naturally,' like taking bergamot for heart health.
- To help make up for dietary shortages, like vitamin B12 for older adults and vegetarians who commonly do not take in enough from their diet.
- To help manage chronic conditions, like fish oil and CoQ10 which may be helpful for those with heart disease.

Supplement use should be individualized to meet each person's unique health needs, guided by their healthcare team.

Topeka Pharmacy offers a range of supplements for individual health needs. They have knowledgeable pharmacists on staff to help make informed decisions on the best products. Call Topeka Pharmacy at 260-593-2252 with any questions about supplements! 



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