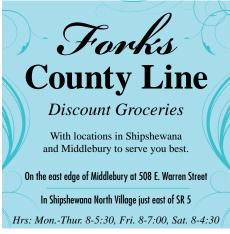
Gutwein Family **CHIROPRACTIC**

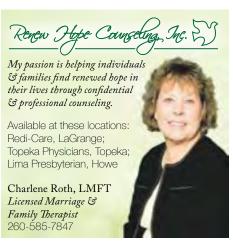
120 S. Main St. Topeka, IN

260-593-3133

Tuesday 9-5 & Thursday: 9-5







Smart Choices

By Travis Fernandez, PharmD Candidate at Topeka Pharmacy

Dietary Supplements: Are They Worth the Money?

a wide variety of vitamins and herbal supplements because it makes sense to Americans spend over \$30 billion on feels will be helpful for them. these products every year. Are they Are Supplements Helpful? worth it?

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?

contains what it says on the label and unique health needs, guided by their does not contain anything harmful. healthcare team. Laboratory testing is the best way to comparing supplement brands.

Are Supplements Effective?

drugs, Since they are not 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

Most American pharmacies stock supplements daily. Most people choose products referred to as dietary them in meeting their need or because supplements. These range from simple they feel it worked for them in the past. vitamin D to more exotic bergamot. Effectiveness may lie in what each person

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 Purity means if a supplement really individualized to meet each person's

Topeka Pharmacy offers a range of know the purity of a dietary supplement. supplements for individual health needs. Some brands have their products tested They have knowledgeable pharmacists on at independent labs. To be sure of purity, staff to help make informed decisions on look for a lab verification label when the best products. Call Topeka Pharmacy at 260-593-2252 with any questions

> about supplements! 0 Sponsored by 260-593-2252 • 101 N Main. St. • Topeka, IN