

How to Choose a High Quality Nutritional Supplement For Me and My Child



Knowing that the American Medical Association (AMA) now considers supplements to be a very important aspect in preventing disease, your want to find the supplement best suited to your needs and the needs of your family!

Did you know that there are no regulations in the nutritional supplement market?

This can make that challenge very difficult. How do you know if you are in fact getting the best value for your money and for your health? Not to mention the health of your family!

I see people standing in the health food store or drugstore looking to buy some vitamins and minerals. I recognize the look on their faces – one of confusion and frustration. Unless you are an expert, this task is very difficult.

Please know that all vitamin and mineral supplements are NOT alike! Don't be tempted to buy the biggest bottle of Vitamin C from the "big box" store pharmacy.

You can do what I and many others in the wellness profession do, trust the experts! I encourage you to order Lyle MacWilliam's highly respected 'Comparative Guide to Nutritional Supplements' (4th edition) Lyle MacWilliam, BSc, MSc, FP <http://www.comparativeguide.com>. This is a wonderful resource for you as you consider improving your health and that of your family. There is also an edition that reviews nutritional products for children.

**Make
sure your
trust is
with the
right
company.**

Otherwise, you can consider calling the company and getting information yourself. Use the checklist below to guide your questions and to help you find a supplement that fits your needs. Compare the information you discover with the products that you are currently using and see if you are getting value for your current vitamin money.

Checklist:

Y/N	Question	Comment(s)
	<p>Does the label should say something like:</p> <p>"LABORATORY TESTED, QUALITY GUARANTEED, MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, DISINTEGRATION WHERE APPLICABLE</p> <p>These are your safeguards. This is the industry standard to follow.</p>	<p>What does "LABORATORY TESTED" mean?</p> <p>It means testing all raw materials and the finished product for potency, contamination, dosage, stability, and dissolution. (To do that all raw materials are quarantined until samples have been taken and tested for Salmonella, E. coli, total plate count, molds, yeast, fungi and Staphylococcus Aureus (Staph A).) Only after passing all these tests are these raw materials approved.</p>
	<p>Do they have the real name, real address and phone number of the company on the label so you can contact them yourself?</p>	
	<p>Does the company guarantee potency?</p>	
	<p>Are the contents guaranteed?</p>	<p>What does QUALITY GUARANTEED mean?</p> <p>This is obvious. You want a guarantee that you are buying a quality item. You need assurance that what you think you are buying and is labeled as such, is in fact in the bottle.</p>
	<p>Are there expiration dates on the bottle?</p>	
	<p>Are the real amounts of the ALL the nutritional ingredients on the label?</p>	
	<p>Do they follow GMP? (Good Manufacturing Practices.) It would be even better if they follow the standards for pharmaceuticals.</p>	<p>Vitamin manufacturing may not be regulated, but responsible manufacturers choose to meet the FDA standards. They also choose to follow "Good</p>

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	Ask if they do. (This means that the company uses the same high standards as if they were producing a brand new drug.	Manufacturing Practices" (GMP) established for drug manufacturers, in order to provide the highest quality of products in the industry.) They will produce pharmaceutical-grade products designed to much higher standards than what the law requires.
	Are they a FDA-registered Manufacturing facility? Stay with a company that chooses to meet the USP (US Pharmacopeia) requirements.	USP stands for United States Pharmacopeia and this is another set of standards dealing with such things as Bioavailability. This is the degree and rate at which a substance (as a drug or other products) is absorbed into a living system (you) or is made available to the body. Scientific research has determined what your body needs and how it all fits together. It is not a guessing game. And it is a scientific fact that some ingredients won't work well with others in one form, but will be fine in another. The disintegration times of tablets are also tested to ensure that they will break down while in the gastrointestinal tract enabling your body to absorb them.
	Does the company provide support?	
	Does the company encourage independent testing?	The more objective and professional processes the company participates in, the better the end product.

If you sense that you are not getting adequate answers to the questions listed above, thank them and hang up. Then find another company and ask the same questions. You've learned a lot already from the exercise. Reputable companies will gladly help you find answers.

Know too, that a manufacturer going to all the trouble of meeting strict regulations and standards voluntarily will apply these parameters or guidelines to all their other products. After you have chosen the foundational products, stay with the same company for all your other

needs. You have already done your research. Get advice from someone who knows the company and its products.

CONCLUSION

In choosing a nutritional supplement, most of us do not know what our body actually needs or how we would find the required ingredients. We also wouldn't know how to formulate the necessary product. We have to rely on reputable companies to do that for us.

Your basic concerns should be centered on three things:

- 1) The company's ability to provide the expert scientific knowledge
- 2 the required quality of the manufacturing process
- 3) And, the ingredients of the highest quality that allows the cells to grow and to remain healthy and vibrant.

Make an educated decision for the best products you can find.

It is important to remember that you are totally responsible for what goes in your body. You have to know what you need and what the supplement will do for you. The responsibility is yours alone. You may ask for advice, but the end decision is yours.

About the Author Jackie Vick: As an Independent Associate for USANA Health Sciences and CEO of *Creating Healthy Kids.com*, Jackie is well versed in nutritional supplements. She has reviewed the resources, read the research and has put her trust with regard to nutritional supplements in USANA Health Sciences.

At her website: www.jackievick.usana.com you can complete an individualized health assessment to determine what supplements may benefit you and your family and purchase any products that you might need. Jackie is also available for individual consultation and can be

reached at jackievick@creatinghealthykids.com or by calling 507-429-5018.

Jackie's education includes a Bachelor of Science in Education from Winona State University, with licenses in learning disabilities and mental handicaps. She also has a license in physical and health conditions and a Masters Degree in Special Education from University of Minnesota, Minneapolis. In addition, she has served as an adjunct instructor for the University of Wisconsin, LaCrosse and Viterbo University in LaCrosse, Wisconsin.

Jackie has additional training in assistive technology, instructional and professional coaching and wellness and nutrition. She is a Silver Director with USANA Health Sciences and is a member of Team Northrup.