

A weekly resource
for your well-being

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FOR HEALTH

WORKING
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A TIP FOR TENNESSEANS

August 15, 2017

FIVE WAYS TO BE SUPPLEMENT SAVVY

Most supplements, like vitamins, minerals and herbal products, are meant to help you replace nutrients that may be missing from your diet. But do they work? Are they always safe to take? Do you even need them? The answers can depend on things such as:

- Your current health
- The types of foods you eat
- Certain prescription or over-the counter medicines you may take
- If the benefits of a supplement have been proven

Shop carefully

Side effects and bad reactions are two things everyone wants to avoid, especially if you use supplements. To stay safe, make sure you:

1. **Talk to your doctor** first before taking any vitamin, mineral or herbal products.
2. **Question** product claims such as:
 - “Quick and effective;” “cure-all.
 - “Treats/cures diseases.”
 - “Totally safe;” “No side effects.”
3. **Understand** that "natural" may not always mean "safe."
4. **Don't assume** that a product won't hurt you even if you think it may not help you.



Need extra support reaching a goal?

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Tainted Supplements pages for information on misleading claims and potentially harmful products.



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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



References:

"Tips for Dietary Supplement Users: Making Informed Decisions and Evaluating Information." U.S. Food and Drug Administration, 23 April 2014. Web. 05 July 2017. | "Tips for Older Dietary Supplement Users." U.S. Food and Drug Administration, 11 May 2014. Web. 05 July 2017. | "Dietary Supplements: What You Need to Know." U.S. Food and Drug Administration, 04 May 2017. Web. 05 July 2017. | "Dietary Supplement Fact Sheets." National Institutes of Health Office of Dietary Supplements. Web. 05 July 2017. | "Health Fraud Scams." U.S. Food and Drug Administration, 22 June 2017. Web. 05 July 2017. | "Tainted Products Marked as Dietary Supplements—CDER." U.S. Food and Drug Administration, 22 June 2017. Web. 05 July 2017.

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