

Have you ever considered the

4 questions to ask yourself

before you buy the supplement



If you're:

- huge on supplements
- about to get started on them
- considering whether to try them

then listen up...



➤ 28%

of 3,132 supplements
contained banned substances

(Kozhuharov et al., 2022)

I don't mean to scare you but that's not all

The same study said:

- For CBD supplements, 55% don't match label claims.
- 92.1% of all the supplements they studied had bacterial contamination

That's a lot to take in but you deserve to know the facts!

Thing is, the FDA (at least in the US) doesn't consider supplements as medicine.

They treat it like food with it's own rules.

And it's up to the companies to enforce those rules.

With the many problems, you'd wonder if the companies look at the rule book at all.

At this point, we can only hope they look

The result?

⚠️ People being rushed to emergency rooms

⚠️ People having severe muscle pains

⚠️ In extreme cases, death or suicide

In simple terms, the supplements don't do what they claim it does. Best case, it's terrible.

It's not your fault if you prefer to use supplements. After all, they advertised it to solve your need.

But behind the scenes, it's not solving that need. This is far from appropriate.

Knowing this, you can decide on what to do.

4 options come to mind...

1. Do absolutely nothing
2. Complain about the situation
3. Wait for the government to act
4. Take charge of your situation

If you asked me, option 4 is the way to go. Why? Because

- ✓ You can start today
- ✓ You have absolute control
- ✓ It's the easiest you can do

And this is where the 4 questions come in

The 4 Questions

Question 1

“Do I have a diagnosed nutrient deficiency?”

Medical tests show if you really need supplements. Some people need them for health or genetic conditions. Most people don't.

Get tested before spending on supplements.

Question 2

“Have I optimized my food and diet?”

A quality food & diet covers most nutrient needs. Simple diet tweaks often fix nutrient deficiencies better than pills. Especially in the long term.

Even if you need the supplements, a quality diet still counts

Question 3

“Have I optimized other aspects of my lifestyle?”

Sleep and physical activity affect health markers. Stress depletes vital nutrients. Making time for yourself and staying in contact with loved ones, all these matter a lot.

Fix these basics first because they're often the real issue.

Question 4

“Have I consulted a qualified health professional?”

Adverts & social media are for info, not medical advice. Get guidance from a qualified health professional. They can review your health history and suggest what you need.

Seek the appropriate help

HOT TIP

The supplement industry thrives on quick fixes. Your body thrives on real food and healthy habits.

**Here are 3 bonus
points for you**

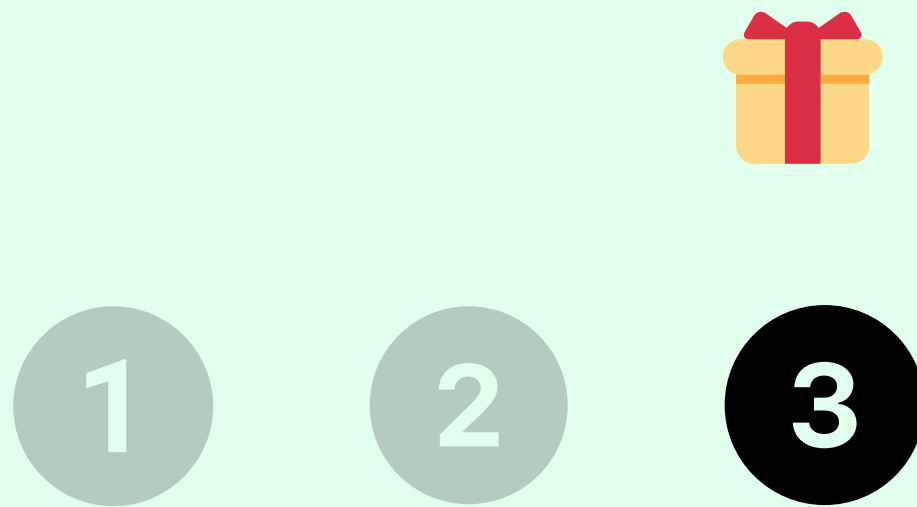


If you have to take supplements, then go for those recommended by your doctor or those from companies with proper certifications.



If you decide to choose supplements from companies with proper certifications, then note that the certification is as valid and trustworthy as the vetting entity.

A vetting entity is a company that awards other companies certifications after a due diligence process.



If you don't have any medical (or other genuine) needs, consider limiting your supplement intake.

Build your health around whole foods first

What are the 4 questions again?

- 1 “Do I have a diagnosed deficiency?”
- 2 “Have I optimized my food and diet?”
- 3 “Have I optimized other aspects of my lifestyle?”
- 4 “Have I consulted a qualified health professional?”

That’s it. Wishing you a healthy and happy life 🍀

Your Next Step

Making food choices that work for you goes beyond deciding what supplements to take. But it doesn't have to be overwhelming. You can explore more easy-to-digest info on our website, download other guides or join our growing community of consumers who are making food choices that suits their needs.

1

Check the articles

There are many detailed and fun articles you can explore on our website. Filter by categories or tags to get exactly what you need.

Visit: foodpulse.co/articles

2

Get more guides

We have a variety of free and paid guides you can download from our website to support your food decisions.

Visit: foodpulse.co/guides

3

Join our growing community

If you want real experiences, research-backed insights and practical steps to master your food decisions, then join our growing community of consumers who want to know more. Emails come once a month only.

Subscribe here: foodpulse.co/newsletter



Etornam C. Tsyawo

Nice to meet you. I'm a Food Research Engineer with a generous passion for healthy food and the one behind FoodPulse. I'm also a Doctoral Researcher at SASEL Lab, McGill University. I've been on the path of food for almost a decade now. My work has helped people gain meaningful insights into their food choices, improve their food habits and navigate the food system better even when faced with time and financial constraints. One of my proudest moments was hearing from a reader who successfully reduced his processed sugar intake thanks to my content. I love cooking, gardening and reading. And oh, taking walks is a thing too.



etornamctsyawo



etornamctsyawo

Healthy Food, Happier YOU

