

"Supplements: A Worthwhile Investment"



By: Jaimie Dufresne

Any medical information contained herein is provided for informational purposes only; it is not advice, nor should it be treated as such. If you have any healthcare-related concerns, please call or see your physician or other qualified healthcare provider. Educational information provided by the Marion Institute, any employee of the Marion Institute, or its guest presenters is NOT intended as a substitute for a healthcare provider's consultation. If you have a health concern, please do not delay in seeking medical guidance from a health care professional. The Marion Institute, its employees, and its guest presenters make no representations, nor any warranties, nor assume any liability for the content herein; nor do we endorse any particular product, provider, or service.



My Background:

- Lifelong interest in alternative medicine and wholistic health
- Bachelor's in Nutrition and Dietetics from University of Rhode Island
- Personal health struggles helped me dig deeper
- Certified Nutrition and Wellness Consultant
- Department leader of "Elements" powered by the BioMed Center
- Passion to support and empower others to reach their health goals

Topics for Today:



COMMON NUTRITIONAL
SUPPLEMENTS AND WHY YOU MAY
NEED THEM



WHAT TO LOOK FOR WHEN
PURCHASING SUPPLEMENTS



HOW TO OPTIMIZE NUTRIENT
STATUS

What are Dietary Supplements?

- A dietary supplement is a product that is in the form of liquid, capsules, tablet or powder that contains a substance that is intended to “supplement” or “support” the diet.
- May contain Vitamins, Minerals, Herbs or other botanicals, amino acids, enzymes, glandular tissue, extracts, etc..
- Can be used as preventative and wellness support as well as in a therapeutic manor (guided by a qualified practioner)

YOU CAN'T SUPPLEMENT YOUR WAY OUT OF
A POOR-QUALITY DIET AND LIFESTYLE!



Causes for decreasing nutrients in food supply:



Industrial farming → Poor soil quality low in nutrients



Monocropping → Low nutrient diversity



Hyper sanitation → No Probiotics



Over processing → Removal of natural, vital nutrients

Why you may need supplements

High need for certain nutrients due to stress, injury, or disease state

Infections

Food allergies and sensitivities

Poor absorption

High stress lifestyle

Certain Medications

Heavy training and athletic sports

Dental Issues

Certain Dietary restrictions

Multivitamins

- Contain broad range of nutrients designed to ensure adequate intake of key vitamins and minerals that are needed for all organ systems to function optimally and for the body to maintain homeostasis.
- Most “Daily Values” are set to avoid deficiencies, not maintain optimal levels. Intended to cover the widest group of people and do not reflect individual needs.

Multivitamin:

Look for at least 100% daily value of

- Vitamins: A, C, D, E and K
- B Vitamins: (B1, B2, B3, B5, B6, B7, B9 and B12) and Choline in methylated forms
- Minerals: Zinc, Selenium, Calcium, Magnesium, Chromium, Molybdenum, and manganese.
- Multi-dose





Vitamins and Minerals

- Well rounded multivitamin/mineral should cover basic needs however additional supplementation may be needed with certain nutrients.
- High doses are not generally found in multivitamins. Doses should be individual. Too much to cram in to one product.
- Beware of “Window Dressing”

AllStars

Vitamin D

Magnesium

Vitamin K

Calcium

Fish Oils



- Omega 3s and Omega 6s are essential for humans and must be acquired through the diet.
- Most Americans consume far too much omega 6s and far too little Omega 3's. The ratio of the two is important.
- Omega 3's are found in fatty fish and vegetarian sources such as hemp seeds, flax seeds and walnuts.
- The body is not as efficient at converting ALA (from vegetarian sources) to DHA and EPA. Conversion is only about 1-10%

What to look for in a Fish Oil Supplement:

- At least 2,000mg of Omega 3 oil containing both EPA and DHA
- Ratio of EPA to DHA can vary based on individual goals. Most supplements offer 1:1 or 2:1
- Sourced from small fish
- Buy from reputable companies ONLY!
- Store properly



Probiotics

- Each Organ system contains its own microbiome
- The gut (colon specifically) contains trillions of bacteria DNA that we rely on for a multitude of things such as digestion of food, Nutrients like short chain fatty acids, Vitamins such as vitamin k, cell signaling, immune function, etc.
- Overuse of antibiotics (both human and animals), chlorine in food supply, ultra pasteurizing of foods and lack of probiotic rich foods has led to microbial imbalances



Probiotics

- Strains can be consumed for specific applications
- For overall health look for strains such as:

Lactobacillus acidophilus , **Bifidobacterium bifidum**,
Lactobacillus Paracasei, **Lactobacillus Salvarius**,
Lactobacillus Rhamnosus , **Lactobacillus plantarum**

- 10-15 billion per dose (maintenance)
- Can rotate to improve diversity
- Prebiotics (fibers) to help “feed” bacteria
- Soil based are usually better tolerated by those with GI sensitivity



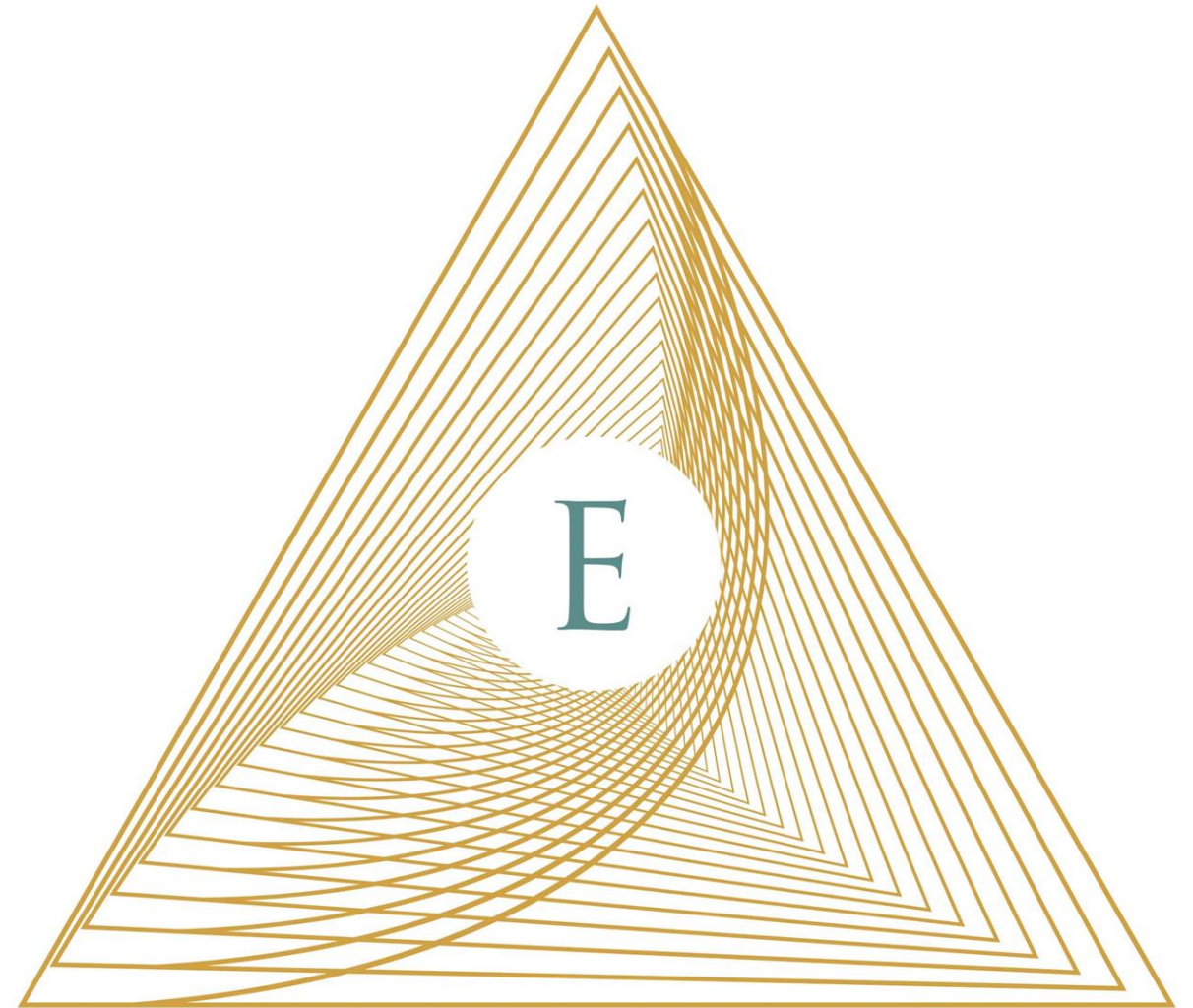
Protein Powders

- Used for both nutrition and convenience
- Vegan vs. Whey
- Aim for 15-20 grams per serving
- Be mindful of sugar, additives and artificial flavorings
- Look for organic, Non-GMO and/or Glyphosate free.



Call, email or come
and visit me!

- 401-533-9057
- Elements@biomedne.com
- The Biomed Center



E L E M E N T S

POWERED *by* THE BIOMED CENTER