

OVER THE
COUNTER

VS

PRESCRIPTION
SUPPLEMENTS

Supplements provide adequate amounts of essential nutrients that you may otherwise not be consuming. They are intended to “supplement” your diet. Unlike prescription and over-the-counter drugs, dietary supplements do not require approval or premarket review by the FDA. It’s important to understand how to choose the right supplements for your body.

THE SUPPLEMENT INDUSTRY IS A MULTI-BILLION DOLLAR INDUSTRY.



Every year, U.S. citizens spend \$1.5 billion on dietary supplements and vitamins.

More than half of Americans regularly take vitamins and supplements.

33%

Nearly one-third of 18 to 29 year-old Americans say they regularly take vitamins and/or supplements.

50%

More than half of the 50 to 64 age group take vitamins and/or supplements.

68%

68% of older adults take vitamins and/or supplements.



54% of Women



46% of Men

Reported they take vitamins and/or supplements regularly.

MANY MANUFACTURERS USE FILLERS TO:

1. Make production easier and faster.
2. Make the products more colorful and appealing.
3. Make the products easier to swallow (coatings).

BEWARE OF PRODUCTS WITH:

 HYDROGENATED OILS

 MAGNESIUM STEARATE

 TITANIUM DIOXIDE

HOW TO CHOOSE THE RIGHT SUPPLEMENTS:



- Choose whole food supplements and vitamins
- Read ingredient labels and all small print
- Research manufacturers
- Look for “seals of approval”
- Look for expiration dates
- Consult your doctor

Matrix Age Management recommends Nordic Naturals and Ortho Molecular brand supplements. We can tailor a unique health plan based on your needs. Contact us today to schedule a consultation.

Sources: *Annals of Internal Medicine*



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