

Supplement Guide Quiz

In Omega 3 supplements, what are the top two ingredients to look for and why?

What is the purpose of a good multivitamin?

Why is supplementation important, especially with today's lifestyles?

What are the three parts of an effective supplement?

How do low levels of magnesium effect you? Why aren't we getting enough?

What is meant by essential fatty acids and what are the two categories?

Which is the most bioavailable form of fish oils?

Why do we need vitamin D and why do most people not get enough?

What are the two forms of COQ10 and which is the one you want in your supplement?

An 80-year old man has recently signed up for a six-month wellness nutrition plan. He is on blood-thinning medications and is being treated for partial kidney failure, what supplements would you recommend for him and why?

What do you say when a client says, “But Vitamin D is toxic in high doses?”

A client calls and says that she has been having diarrhea after taking our Core 4 supplements for a month, which supplement(s) could be causing this and what would be your recommendation?

A client says to you, “I have always taken my probiotic 30 minutes before I eat breakfast.” Should she do the same with your probiotic?

Why are supplements not regulated by the Federal Drug Administration and what does this mean for us?

Read and list three take-aways from below link.

https://www.cov.com/-/media/files/corporate/publications/2016/01/separating_drugs_from_supplements.pdf