Nutrient Supplementation

What are nutrient supplements?

Products intended to supplement the diet and contain a vitamin, a mineral, an herb or other botanical, and an amino acid.

Are nutrient supplements safe?

Supplements are not reviewed by the FDA, it’s up to their manufacturers to make sure they are safe. However, the FDA can pull supplements off shelves if they are deemed unsafe based on reports from consumers and health professionals. Supplements are intended for optimal health, but too much can be harmful. It’s important to keep track of how much you are taking.

How much of each nutrient do I need?

The Institute of Medicine’s Dietary Reference Intakes (DRIs) are the best available nutrient standards for estimating intakes. The UL (Tolerable Upper Intake Level) is the maximum amount of a nutrient one should ingest.