

Striking a Balance- Food Supplementation

Common Food Additives and Nutritional Supplements

Vitamins

- Multi
- Specific (C, B, K, etc.)

Minerals

Ergogenic Aids

- Creatine
- Caffeine
- Ephedrine

Do I need them?

How do I know?

Who do I ask?

Concerns:

Benefits vs Risks

Side Effects

Drug Interactions

Unknown Risks

Not Regulated by the FDA or
USDA

Dietary Guidelines for Americans:

US Dept. of Agriculture
(USDA)

US Dept. of Health and
Human Services (HHS)

Resources:

NIH Office of Dietary
Supplements
Medline Plus
Food & Drug Administration
(FDA)