



## DIETARY SUPPLEMENTS & BOTANICAL MEDICATIONS

### Dietary Supplements and Herbs Quality

We have spent many hours finding safe, high quality, and effective nutritional supplemental products. Finding the best products to support health has always been the most difficult part of our job, as it is for any practitioner of Functional Medicine. The dizzying number of products on the market and the large variations in quality create a minefield of obstacles for anyone trying to find the right supplements, vitamins, or herbs.

### Not All Brands Are Created Equal

Quality is up to the manufacturer. Certain companies are more careful about quality, sourcing of raw materials, consistency of dose from batch to batch, the use of active forms of nutrients, not using fillers, additives, coloring, etc. When choosing supplements it is important that you choose quality products because quality does make a difference in terms of how effective the supplements can be. Consequently, we recommend that you follow the protocol customized for your specific medical condition, since we cannot guaranty results when using alternative products. While we do not officially endorse or have any consulting or employee relationship with any supplement companies, we do believe a few have risen to the top of the supplement industry and can be safely used to help support and enhance your health. When choosing supplements, here are the requirements we use and the ones we suggest that you use:

- **High Quality Manufacturing** - Manufacturers who use GMP (good manufacturing practices) for drug or supplement standards from an outside certifying body.
- **Independently Verified** - Third-party analysis for independent verification of active ingredients and contaminants.
- **Scientifically-Based** - Products that have some basis in basic science, clinical trials, or have a long history of use and safety.
- **Clean** - Use products that are free of preservatives, fillers, binders, excipients, flow agents, shellacs, coloring agents, gluten, yeast, lactose, and other allergens.

All of the supplements we recommend and provide in our office follow these guidelines and are the exact same products we use for ourselves and provide to our families. **However, you are neither expected nor required to purchase supplements from our office in order to remain in our care.**

(Patient Initials) \_\_\_\_\_

Supplement Price All our products are competitively priced. Some supplements are available in larger quantities that often come with a substantial price reduction. Occasionally, a patient might require one or more specific supplements not usually available in our stock. **All special orders must be pre-paid in full.**

(Patient Initials) \_\_\_\_\_

Refills For refills, please call our office at your earliest convenience and provide us the name of the supplement(s), desired quantity, and flavor as appropriate. Please allow a 3-4 day notice, not counting weekends and holidays. Please plan ahead to avoid any interruptions in your medications. **Protocol adjustments can only be done following a thorough re-evaluation.**

(Patient Initials) \_\_\_\_\_

Return Policy **For health and safety reasons, we cannot accept returns for dietary supplements and skin care purchases after your order has left our office.**

Patient Initials) \_\_\_\_\_

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Patient Name

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Patient signature

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Date