



Nutritional Intelligence –

Increasing Your Health, Longevity & Vitality Through Smart Nutrition

Are You Getting As Much Out Of Your Supplements As Their Manufacturers Are Getting Out Of YOU?

Smart Nutrition Starts Here: What's your Nutritional IQ?

How much do you know about supplements? Questions like, “which ones”, “how many”, and “how often” usually top the list. If you find yourself confused, overwhelmed, or even under informed, you're not alone. There's a lot to consider when it comes to choosing, purchasing, and using the right supplement to add to your diet. Here are some things to help you make the right choice for you and your family...

Did you know... all supplements are not created equal?

Different bodies have different needs

Your age, gender, lifestyle and current health each need to be factored into your decisions. We will help you determine what your body needs, how much to take and how often.

What's the best value?

The first step in getting the most value for your pocketbook is to determine how much your body gets out of what you are taking. The term “bio-availability” is a key factor to consider. Simply put, it means how easy can your body break down and absorb the nutrients you take so the maximum is “available” for your body to utilize.

Another consideration is to understand that there are four grades of nutrient quality:

- *Veterinarian* grade: enough said
- *Nutriceutical* grade: discount stores
- *Medical* grade: more bio available
- *Pharmacy* grade: purest

Be sure to talk with me today to determine the best quality and grade for your health goals. Together, in an unhurried way, we will discuss your unique needs, answer your questions, and help you determine which one serves you best—both financially and biologically.

A solid foundation

Attached is a detailed review of a multiple vitamin/mineral supplement. I have found it is the best way to start your nutritional foundation with a strong base. Keep in mind, that your health is my top priority. Together, we will make sure that you get optimal value from each nutrient we recommend so you can maximize your health, vitality and energy!

As always, I am here, you are never alone in your quest for a better life.

Dr. Catherine Waller
