



## PUTTING OUT THE FLAME

# Session Six

## Supplements

**Classes featured:** Supplements Made Simple, Putting Out the Flame Wrap-up

How I did last week:

What I want to remember:



## WHAT YOU NEED TO KNOW:

- Vitamin D has many benefits, including helping with inflammation and supporting the immune system, hormones, and bone health. The recommended amount per day is at least 800 IU.
- Choose products that have USP verification and NSF certified stamps.



### Tips from the pros to remember:

Reasons to consider a supplement:

- If you are age 60+:
  - › You may need digestive support due to a decrease in stomach acidity. This can result in indigestion, heartburn, and acid reflux. Consider taking a digestive enzyme with protease before meals to help digest protein.
  - › Reduced absorption of vitamin B12 from foods may occur. Consider a vitamin B12 supplement.
- If you smoke or drink alcohol regularly, consider a multivitamin and mineral supplement for extra antioxidant support.
- If you have issues with irregular bowel movements, consider a probiotic supplement with multiple strains of the beneficial bacteria (lactobacillus and bifidobacterium). A good place to start is 10 billion colony-forming-units (CFUs).

# MEDICATIONS AND POTENTIAL NUTRIENT DEPLETION

Medication	Nutrients depleted
<b>Antacids</b>	Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron, Zinc
<b>Antibiotics</b>	B Vitamins, Vitamin K, Beneficial Intestinal Bacteria, Calcium, Zinc, Magnesium, Iron
<b>Anti-depressants</b>	Coenzyme Q10, Vitamin B12
<b>Anti-diabetic drugs</b>	Coenzyme Q10, Vitamin B12, Folic Acid
<b>Anti-inflammatories</b>	Vitamin C, Folic Acid, Iron, Potassium, Vitamin D, Calcium, Zinc, Magnesium, Iron, Selenium
<b>Cardiovascular drugs</b>	Coenzyme Q10, Vitamin B6, Melatonin
<b>Cholesterol-lowering agents (Statins)</b>	Coenzyme Q10, Vitamin A, Vitamin B12, Vitamin K, Beta-carotene, Folic Acid, Iron
<b>Diuretics</b>	Vitamin B1, Vitamin B6, Vitamin C, Magnesium, Calcium, Sodium, Zinc, Coenzyme Q10
<b>Hormone Replacement Therapy (HRT)</b>	Vitamin B2, Vitamin B6, Vitamin B12, Vitamin C, Folic Acid, Magnesium, Zinc
<b>Oral contraceptives</b>	Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Vitamin C, Folic Acid, Magnesium, Selenium, Zinc
<b>Ulcer medications</b>	Vitamin D, Vitamin B12, Folic Acid, Calcium, Iron, Zinc, Protein

## Interested in food sources of a certain nutrient?

You can find lists by nutrient at: <https://www.nutrition.gov/topics/whats-food/vitamins-and-minerals>



## TIPS FOR PURCHASING A SUPPLEMENT

### Check for drug-nutrient interactions.

- Food first!
- Check with your dietitian or physician.
- You can use a free interaction checker online to check for medication and food interactions. It's smart to verify with your physician as well.

### Buy reputable brands.

- The company should test every batch—not skip lot testing, where only some are tested for quality.
- Check for certification label: USP, CGMP, NSF.
- Choose tablet form!
  - › Gummies or liquid may have water or sugar added as filler.
  - › Capsule form is good but allows for more oxidation to happen.
- Be cautious when purchasing from large, third-party resellers. Many reputable brands do not allow this. Check out the brand's website for information on verified retailers to purchase from.

### Take with food.

- Take supplements with a snack or a meal to avoid stomach irritation.
- The presence of carbohydrates and proteins stimulate digestive enzymes that will allow for better absorption for the supplements.
- Iron should be taken on an empty stomach.



# Program Completion

Congratulations on completing the Putting Out the Flame program!

You should have implemented a few of our tips by now and be starting to notice changes in how you feel. Remember this is only the beginning of your journey. With your newfound knowledge, you have additional tools to fight inflammation with food and prevent or manage chronic diseases. Keep building on your healthy habits from the list of action steps.

Cheers to your health and wellbeing!

## **Want to continue learning?**

Check out one of our other programs: Restore Gut Health, Optimizing Brain Health, Optimizing Women's Hormones, Home Chef Pro, and Kids in the Kitchen.