



# Why Shouldn't I Buy Supplements from Amazon?

(Or my favorite big box store)

- ◆ **Everyone has brands they love, but chances are even your favorite retailers don't sell quality supplements.**

In fact, there is no shortage of news stories about reputable retailers selling supplements that don't truthfully list their ingredients or even contain harmful substances.

- ◆ **Good research is different from compelling marketing.**

There are plenty of candies marketed as "Fat Free!" despite containing a long list of harmful ingredients, beginning with high fructose corn syrup. The same is true with nutritional supplements; some of them have great marketing, but they aren't all based upon credible research.

- ◆ **The retail supplement industry is large, fast-growing and largely driven by fads.**

The most popular products on the retail shelves probably don't include the ingredients you need in the amounts you need them. And in almost every case, retail supplements are produced by companies that place profits over quality or effectiveness.

Supplements you receive from your healthcare professional are distinctly different. They include carefully-selected ingredients, sourced from high-quality raw materials, and formulated in the appropriate amounts – all based on the best research available.

**Most importantly, your healthcare professional only provides you with products they trust, and that you need - based on your healthcare professional's experience and their knowledge of your health.**