

SUPPLEMENTATION

"The concept of taking supplements makes sense, but to actually gain some real value from taking them, there is much you really need to know in order to make the correct decision around what to take, and what to expect." Dr. Richard Powers, DC

WHY you need to take supplements

Bottom line: *The "right" daily supplementation will help you feel and function your best, while lowering your risk for cancer; heart attacks; strokes; and most chronic degenerative diseases.*

There was a time when you could get the nutrition your body required from food alone, but unfortunately those times are long gone.

According to the Journal of the American Medical Association (6/19/02 – Vol 287, No. 23, pg. 3124), "suboptimal vitamin status is not (unusual) ... and is associated with many chronic diseases, including cardiovascular disease, cancer and osteoporosis..."

Why? Much of our food is now refined, bleached, chemically preserved, artificially colored and flavored, irradiated, riddled with hormones, and genetically modified. The food on our plate is nutrient deficient, often contains rancid trans-fats, and falls way short in providing the nutrition your body requires.

The combination of quick, nutrient deficient meals + excessive toxicity in our environment + sedentary lifestyles (or over-exercising) + insufficient quality sleep + high stress = a perfect "recipe" to develop nutrient deficiencies and to succumb to a life of pain, mood disorders, fatigue, and chronic illness.

Clearly, the necessity of supplementing your diet with the right supplementation has become a reality – even in the face of eating as much "organic" food as is available.

Take home message: Eat right; move right; think right; sleep right; and take a proper, balanced supplement formula.

What supplements DO ... and DON'T DO

Bottom line: *Supplements can help accelerate healing and reduce disease risk; supplements are NOT a SUBSTITUTE for eating a healthy, nutrient-rich diet.*

Supplements are appropriately coined "supplements" for a reason – they "supplement" your diet ... not replace it.

Although **over time** the right supplements **taken consistently** can help you get well and stay well, the best supplements in the world will never sufficiently compensate for a poor quality diet.

Furthermore, if you are sedentary (or over-exercising); not getting enough restorative rest; have an excessive toxic body burden; and are often feeling stressed out, just eating a nutrient-dense diet won't get the job done either.

Remember the mantra: *Eat right; move right; sleep right; and think right* ... and take your supplements.

Take home message: Take your supplements daily, but don't think for a moment that you can sacrifice eating well because you have things "covered" with the supplements you are taking.

Knowing **WHICH** supplement to take

Bottom line: *If you take the supplement you actually need – you'll get the benefit you really want.*

Nutrient needs vary from person to person and are dependent upon many factors, including their diet, lifestyle, medication usage, social habits (smoking; drinking), and genetics, to name but a few.

In addition to knowing *which* supplements to take, you have to be sure the nutrients are in the:

- **Correct amount** (not enough = no benefit; too much = potentially harmful over time)
- **Optimal ratios** (certain nutrients need to be supplemented in specific ratios, e.g., Zinc and Copper; improper supplement ratios can *create* nutrient “deficiencies”)
- **Proper form** (incorrect “form” of a nutrient = decreased utilization = little to no benefit; e.g., magnesium oxide vs. magnesium glycinate; cyanocobalamin vs. methylcobalamin; etc.).

Considering all these factors, it should be clear that determining which supplements to take to ensure you are doing more good than harm can be a tricky endeavor.

OFF-THE-SHELF VS. CUSTOMIZED SUPPLEMENTATION:

Bottom line: *If you don't desire, need, or can't afford customized supplementation, the right off-the-shelf product can serve you well.*

When delving in to the supplement “world,” you can turn to an **off-the-shelf**, over-the-counter type of supplement (e.g., multi-vitamin/mineral formula; fish oil; etc.), like what you might pick up in a health food store.

Alternately, under the guidance of an experienced healthcare practitioner trained in nutritional medicine, you have the option of receiving a **customized** supplement “prescription” designed specifically for you and your body needs at the time.

Off-the-Shelf Supplementation (pre-packaged) ... is the most common supplement approach, and is ideally suited for you if you:

- Have no significant health challenges
- Are not on any prescription medication, and rarely take or require over-the-counter drugs.
- Desire to take a supplement to help fill the more common nutritional gaps in your diet

NOTE: *Off-the-shelf supplementation* is also a perfect choice for those (e.g., patient families and friends) who recognize the need for a daily supplement, but who don't want (or can't afford) the testing required for *Customized Supplementation*.

Although not formulated exactly to your specific nutrient needs, *off-the-shelf supplementation* can still do much to support your health and healing, and to help prevent disease.

However, to do so and truly make a difference, the *off-the-shelf supplementation* must contain:

1. Nutrients you likely need, and in the quantity and form you will benefit from
2. Nutrients with guaranteed potency and purity
3. Nutrient levels that maintain optimal ratios and balances.

Beyond having a safe and effective *off-the-shelf supplementation* formula, it also needs to be both convenient to take and affordable.

Since an *off-the-shelf* supplement was not readily available that fulfilled all of these needs, Dr. Powers formulated **DR. POWERS BASICS**, a unique, evidence-based, supplement that virtually every adult can take each day and get real, meaningful benefit over time.

DR. POWERS BASICS is a packet of **4 pills taken twice a day** that contains the most important and commonly deficient nutrients your body needs (based on 35+ years of nutrient testing), including bio-active vitamins; chelated minerals; extra Vitamin D, Vitamin C; magnesium; Vitamin E; the purest, most easily absorbed “pre-digested” fish oil (EPA/DHA); and powerful antioxidants ... and all for **\$3.97/day** (\$119 for a 30-day supply; and FREE shipping).

DR. POWERS BASICS comes packaged in individual packets as follows:

Breakfast AM-packet (4 capsules):

Multi-vitamin/mineral (1 cap)
CoQ-10 (1 cap)
Vitamin-C (1 cap)
Omega-3/EPA-DHA (1 gelcap)

Dinner PM-packet (4 capsules):

Multi-vitamin/mineral (1 cap)
Vitamin-D3 with K2 (1 gelcap)
Magnesium (1 cap)
Vitamin-E (1 gelcap)



DR. POWERS BASICS contains the following:

- ✓ **Vitamins and Minerals:** A balanced mix of **bioactive** vitamins and **Albion-chelated** minerals to fill inevitable nutritional gaps in the most common key areas:
 - **Multi-vitamin/mineral formula** = (2) **ActivNutrients** (bioavailable vits; chelated mins; no iron)
 - **Vitamin C** = (1) **Xcellent C** (750 mg. of buffered Vitamin-C)
 - **Vitamin D** = (1) **K2D3 5000** (5000 IU of natural Vit-D3 as cholecalciferol + 90 mcg of Vit-K2 (as MK7 form) for additional bone and cardiovascular support); (annual Vit-D blood test recommended to ensure optimal levels)
 - **Vitamin E** = (1) **Xcellent E** (140 mg of mixed tocopherols; + 49 mg mixed tocotrienols)
 - **Magnesium** = (1) **OptiMag 125** (125 mg of magnesium glycinate as Albion-chelate)
 - **CoQ10** = (1) **CoQMax ME** (50 mg CoQ10 antioxidant; in highly absorbable form)
- ✓ **Omega-3 Fish Oil:** The purest, IFOS, 5-star certified, enteric coated fish oil with a meaningful dose of EPA/DHA
 - **Fish oil** = (1) **MonoPure 1300 EC** (equivalent to 2600 mg EPA/DHA as 1300 mg *MaxSimil* oil)

For those wanting all the benefits of **DR. POWERS BASICS** with additional antioxidant support and a powerful, safe for daily use probiotic, there is **DR. POWERS ESSENTIALS**.

DR. POWERS ESSENTIALS is a packet of **5 pills taken twice a day** that includes the same balanced mix of bioactive vitamins and Albion-chelated minerals as noted above in **DR. POWERS BASICS** plus additional antioxidant & detoxification support, and a probiotic for \$5.63/day (\$169 for a 30-day supply; plus FREE shipping).

DR. POWERS ESSENTIALS comes packaged in individual packets as follows:

Breakfast AM-packet (5 capsules):

Multi-vitamin/mineral (1 cap)
CoQ-10 (1 cap)
Vitamin-C (1 cap)
Omega-3/EPA-DHA (1 gelcap)
Probiotic (1 cap)

Dinner PM-packet (5 capsules):

Multi-vitamin/mineral (1 cap)
Vitamin-D3 w/ K2 (1 gelcap)
Magnesium (1 cap)
Vitamin-E (1 gelcap)
Detoxification formula (1 cap)

DR. POWERS ESSENTIALS contains everything from **DR. POWERS BASICS**, as well as the following:

- ✓ Antioxidant and detoxification support to help neutralize the negative impact of daily toxic exposure
 - **Antioxidant & Detox support = (1) XenoProtX** (high-potency antioxidant/botanical blend)
- ✓ Researched, strain-specific probiotics in therapeutic quantities to promote gut health, improve digestion, and bolster immunity
 - **Probiotic = (1) ProbioMax Daily** (30 billion, Bifidobacteria.; L. acidophilus; and L. plantarum)

(To order or to learn more about **DR. POWERS BASICS** and **DR. POWERS ESSENTIALS** go online at: www.HealthCoachDoctor.com.)

Customized Supplementation ... provides for individual nutrient needs and specific dosages determined from testing (e.g., blood; urine; etc.), and from evaluating one's diet, lifestyle, and medical histories.*

This type of supplementation also allows for the inclusion of botanicals and other natural medicines to accommodate individual physiological needs, e.g., blood sugar regulation; gut repair; hormone balance; inflammation reduction; detoxification; stress management; sleep needs; etc.

Customized supplementation is particularly indicated if you:

- Are dealing with a chronic, degenerative, or recurring health condition
- Are on prescription medication or regularly resort to OTC drugs (over-the-counter)
- Prefer to know specifically which supplements and in what quantities best suit your specific needs to minimize risks of future health challenges.

*Upon completion of your testing, Dr. Powers provides you with a **Personal Nutrition Prescription** which clearly outlines (1) which supplements to take; (2) why you are taking them; (3) how much to take of each; and (4) when to take them – to get maximum benefit.

(For a **Customized Supplement** prescription, contact Dr. Powers office at: Staff.DrPowers@gmail.com.)

MEDPAX VS. "BOTTLED" SUPPLEMENTS

Bottom line: *If it is convenient to take your supplements, you'll take them more consistently.*

Welcome to **MedPax** ... where quality meets convenience! Going out for the day or away for a trip? Grab your *MedPax* supplement packets and you are all set!

With *MedPax*, all of the supplements you're taking for each meal come pre-packaged in packets, eliminating the need to open/close individual bottles of each supplement, multiple times a day.

MedPax supplement packets:

- Contain the supplements you need; taken at breakfast and dinner
- Come pre-packaged in convenient, 30-day supply of daily-dosed packets (no left-over bottles)
- Are dosed at the ideal time of day to get the most benefit from each supplement, i.e., **chrononutrition** (e.g., breakfast vs. dinner)
- Are available for both types of supplementation:
 - **Off-the-shelf** (e.g., **Dr. Powers BASICS** or **Dr. Powers ESSENTIALS**)
 - **Customized** (e.g., via a **Personal Nutrition Prescription**)

MedPax is the perfect way to make it easier for you to consistently take your supplements ... so you get the benefits available from your supplements!

Supplement **QUALITY**

Bottom line: *When it comes to quality and benefit – you get what you pay for.*

Even if you truly knew what supplements your body needed (including amounts, forms, etc.), there is still another hurdle to clear ... supplement *quality*. Here's the rub: Few supplement manufacturers actually guarantee their product purity and potency – even if they say they do.

The fact is that supplement quality-control is poorly regulated and most companies do not make the costly investment necessary to ensure that what is listed on the label is actually in the bottle (upon expiration); and to test and then refuse product that is the least bit contaminated or of inferior quality.

For example, regarding purity – there are many “grades” of fish oil quality. Beyond just being molecularly distilled to minimize mercury contamination, *Alaskan IFOS Five Star Certified* fish oil ensures minimal oxidation and is guaranteed to be the purest and highest quality fish oil source available today.

Fortunately, there are a few supplement manufacturers that do create truly high quality, pharmaceutical grade supplements, and based on the strictest manufacturing process, *Xymogen, Inc.* is second to none. Not only do they offer superior quality of their products, but *Xymogen's* pricing also ensures excellent value.

Additionally, *Xymogen's* management team from “top to bottom” is founded on integrity, and their focus is more about improving the quality of people's lives rather than all about the “bottom-dollar.”

As a founding member of *Xymogen's* **Medical Advisory Board** since 2005, Dr. Powers regularly meets with some of the most experienced and respected leaders in the integrative medicine field to ensure that *Xymogen's* supplement formulas are consistent with the current scientific findings and are as safe and effective as is available.

NOTE: Most of the supplements prescribed by Dr. Powers – including all of the supplements in *MedPax*, **Dr. Powers BASICS**, and **Dr. Powers ESSENTIALS** – are manufactured by *Xymogen, Inc.*, and as such are of the highest quality.

How do you know if your supplements are **BENEFITTING** you?

Bottom line: *Regularly monitoring your progress and tracking your supplement needs assures you are getting all the potential benefits from your supplements.*

When you take a “medicine” to help you feel better in some way (e.g., to lower blood pressure; relieve a headache), you can tell if it is working by noticing if your blood pressure drops, or if your headache goes away.

But how do you know if the **supplements** you are taking are benefiting you and making a positive impact on your health?

If the supplement we’re talking about is a “daily supplement” to fill nutrient gaps in your diet (e.g., Dr. Powers BASICS or ESSENTIALS), the “effect” occurs over a period of time, i.e., as your nutrient “tank” is replenished. The actual benefits are often difficult to ascertain day-to-day or even week-to-week.

As healthy nutrient levels become re-established, your cells have more of the building blocks they need to make healthier cells. Healthier cells = better function = you feel and perform better and reduce your risk for disease ... over time (months to years).

If, on the other hand, we are talking about a supplement designed for a therapeutic effect (e.g., a natural “medicine”), you will likely feel the beneficial “effects” sooner than later (weeks to months), but usually not as quickly as (but safer than!) a “conventional” pharmaceutical-type medicine (days to weeks).

The supplement challenge: Since the supplement benefits you are looking for occur slowly and sometimes imperceptibly over time, how do you know if they are helping you?

First, take the daily supplements that are most likely going to benefit you ... and not harm you. (See “Knowing WHICH supplement to take” answered above.)

Then, periodically track how you are feeling and doing (e.g., blood pressure; headaches), and see if you are noticing or feeling any improvement in your health. Again, look for these changes perhaps month-to-month, and not so much day-to-day.

Also, regularly monitoring your nutrient levels helps to objectify your progress, while providing feedback around your health in key areas (blood sugar regulation; immunity; toxicity; inflammation; gut/digestive health; hormonal balance; etc.).

This can easily and affordably be accomplished via painless and harmless testing, e.g., blood tests; urinalysis; and other in-office and/or at-home specialized testing (e.g. salivary testing for hormones; stool testing for gut/digestive analysis; urinalysis for mycotoxins/mold; etc.).

How frequently you should be evaluated depends on your health status; health goals; and healthcare budget – once a year may be appropriate for some; others with existing health conditions would do better with more frequent re-evaluation, e.g., quarterly, or even monthly, until their health stabilizes.

WHERE to purchase your supplements

Bottom line: *Supplements available exclusively through healthcare professionals are your best value.*

Thinking of getting your prescribed or daily supplements at the cheapest price, like on Amazon or eBay; or at a supermarket; drugstore; health food store; wholesale store; or multi-level marketing source?

Good concept, as everyone wants to get the best “deal” on their supplement purchase. However, you may want to think again, as most authentic, quality supplements, e.g., *Xymogen* supplements, are only available *exclusively* through a healthcare professional and for good reason.

First, your holistic physician trained in nutritional medicine can better ensure you are taking supplements that continue to be safe and beneficial for you if they are dispensing them.

It is not necessarily beneficial or even safe to continuously take certain supplements (botanicals; antioxidants; etc.), and especially at therapeutic doses. By dispensing your supplements, your holistic doctor can monitor and make sure the supplements you *currently* need are the ones you are *currently* taking.

Furthermore, it is imperative that you know that you are taking only the highest quality supplementation, and that they have been maintained in a properly temperature-controlled environment (as in your doctor’s office) to ensure their quality and potency.

Fish oils, probiotics, antioxidants, and other supplements are highly susceptible to and are altered by heat, reducing their benefit and in some cases, rendering them toxic. Conventional warehouses (e.g., Amazon) and most storage facilities do not maintain proper temperatures for safe supplement storage (too costly).

So, even if you do your “homework” and find a product that matches up with the exact ingredients of a recommended supplement (e.g., a *Xymogen* supplement), a cheaper price may at first glance appear to be a good “deal” – but is it really?

Value = Cost + Benefit

The most expensive supplement is the one that doesn’t work! If you pay 30% less for your supplements, but receive a supplement that provides 50% of the benefit of the higher quality product, then it really wasn’t such a “deal” after all, right?

Plus, who wants to gamble with potentially inferior-grade supplements when it comes to their health? Consider this: When you look for a doctor to provide healthcare for yourself or for a loved one, do you seek out the “cheapest” one or the “best” one?

Clearly each individual has their own healthcare budget, but know that one will get a greater health benefit from taking *less* of a higher quality supplement (truly beneficial), rather than taking *more* of a (cheaper) lower quality supplement.

Want to begin taking a truly effective supplement?

- To order or to learn more about ***DR. POWERS BASICS or ESSENTIALS off-the-shelf Supplement***, go online at: www.HealthCoachDoctor.com.
- To obtain a ***Customized Supplement*** prescription, go to [*Becoming a New Client*](#) to learn how to schedule your New Client appointment.

DISCLAIMER:

Purchasing supplements and products from Dr. Powers’ office ensures individuals are getting the highest quality supplements. That said, every patient has the option to purchase any recommended supplementation at the vendor of their choice.