Changes to supplement use

Checklist

Each time you consider starting, stopping, or changing a supplement, consider:

Speaking to your health care team, including your specialists for advice.

Learning about the reasons for starting or changing a supplement.

Learning about the reasons not to take a supplement.

Learning about cell health so you can understand how a specific supplement may affect you.

Getting advice from a qualified dietitian. The amount of nutrients you need depends on your symptoms and lifestyle.

Tracking your symptoms when starting or changing any supplements. This information can be useful to determine if the supplement has had any effect.

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