

# Dietary Supplements

Are they right for you?

What to ask yourself before you start

- Can it harm me?
- Can it help me?
- Have I considered alternatives?
- Will it interfere with my medications?
- Should I get a dietitian?



# How a Registered Dietitian Might Assess Need for Supplementation

- Consider metabolic or health conditions
- Request labs from provider, evaluate results and supplement where deficient

*Common conditions that often need dietary supplements are: Celiac disease, chronic kidney disease, osteoporosis, GI illness, menopause and elimination diets*



A lot of in-depth analysis, on a case by case basis, goes into a dietitian's consideration of recommending a dietary supplement to a patient