

## WHY SUPPLEMENTATION?

It is no secret that our society does not consume enough raw fruits & vegetables. Furthermore, it is well published that our food supplies in the United States do not have the volume of essential nutrients as they did in the early 1900s. Our patients are aware that they may not be getting adequate nutrition from their food, and ask regularly for nutritional recommendations. In an effort to answer our patients' requests for nutritional supplement recommendations and also to ensure that important quality and safety measures have been considered, we have reviewed and approved the use of a high-quality, health professional-only brand of wellness products to help support our patients' health goals. The brand that we have chosen is comprehensively designed for simple yet effective results with the quality that we expect to support our patients' wellness goals. Of course, our patients still have the option of choosing store bought brands, but please bring them in for review so we can help ensure that you are taking a quality supplement that will provide the results we are looking for.

## CONSIDERATIONS WHEN SELECTING SUPPLEMENTATION:

It is important that your health professional is aware of what medications and supplements you are taking. Various herbs, supplements and other materials can have contraindications with medications or treatments recommended by your health professional. Store bought supplement formulas can contain hydrogenated fats, PCBs, Mercury, aspartame, talc, artificial colors, dyes, MSG, gluten and other additives that can affect your health. If you are taking nutritional supplements purchased outside of this office, please be sure to inform your health professional.

## QUALITY ASSURANCE

We have selected a product line that has the highest commitment to quality control. Every product is manufactured with strict quality guidelines and continuous quality control monitoring.

- ▶ Specifications are set for raw materials and finished products.
- ▶ Raw materials are sourced with Certificates of Analysis.
- ▶ Products are manufactured using Standard Operating Procedures in manufacturing facilities that are audited on a regular basis for GMP compliance.
- ▶ Products are inspected upon arrival at the warehouse for damage, label accuracy, appearance, taste and odor prior to release.
- ▶ Products are assayed by independent labs for isotonic capability, micro contamination and potency.

### A NOTE ABOUT GMP

GMP stands for good manufacturing practice regulations and these regulations are established by the USDA. GMP requires that manufacturers, processors, and packagers of drugs, medical devices, some food, and blood take proactive steps to ensure that their products are safe, pure, and effective. GMP regulations require a quality approach to manufacturing, enabling companies to minimize or eliminate instances of contamination and errors.

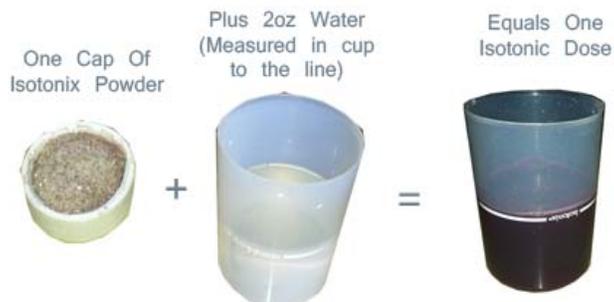
## BIOAVAILABILITY

The product line we have chosen for our office offers a wide variety of isotonic-capable supplements. Isotonic solutions offer the fastest and most efficient delivery of all oral forms of supplementation. The nutrients in the solutions are quickly and effectively absorbed into the bloodstream, and do not linger in the stomach causing gastrointestinal discomfort. Isotonic products are not encapsulated, so there is no need for them to contain fillers, binders, coatings, lubricants, disintegrators or artificial coloring like there can be in traditional nutrient supplements. It is important to note that not all supplements are available in an isotonic form. Some products offer maximum absorption when offered in a gel cap

## USAGE INSTRUCTIONS

### HOW DO I TAKE ISOTONIC SUPPLEMENTS?

Using the directions for servings, located on each nutraMetrix Isotonix bottle, please add two ounces of water for each cap of powder. Follow the instructions on the label of each product or as recommended by your health professional.



## USAGE INSTRUCTIONS (continued)

### HOW DO I STORE ISOTONIX SUPPLEMENTS?

Here are a few helpful suggestions about storing your Isotonix® products:

1. Keep Isotonix® stored in a dry, cool place.
2. Keep Isotonix® away from a bathroom and out of a child's reach
3. If Isotonix® products are stored in the kitchen, keep them away from the stove, sink, heat-generating appliances (coffee makers, dishwashers, under cabinet lights) or window ledges.
4. If you live in a very humid area you may store Isotonix® products in the refrigerator – but not in the fruit and vegetables area. This area has higher humidity. Always remember that moisture from the air quickly condenses on cold items taken from a refrigerator. Isotonix® powders will absorb this moisture, creating caking. In order to avoid this caking, please put Isotonix® products back into the refrigerator immediately after use. Alternatively, a dryer cabinet is an ideal place to store Isotonix® products.
5. When using Isotonix®, always clean and fully dry the screw cap's threads thoroughly before replacing it on the bottle. If this is not done, the small amount of moisture left on the cap will quickly be absorbed by the sugars in Isotonix®, causing caking.
6. Keep the cap screwed on tightly at all times and try to avoid leaving the cap off for more than a few minutes at a time. You can also poke a small hole in the aluminum seal to keep out humidity. Plus it significantly helps control the flow of powder when measuring!
7. Hardening of the powder – referred to as “caking” – happens when a powder is exposed to large temperature differences over a short period of time. For example, storing Isotonix® in a car trunk on a hot day followed by moving the product into an air conditioned house is setting the perfect stage for caking to occur.
8. If you experience hardening of the powder, shake the bottle's contents a few times during the cool down period. This will help to prevent the powder from hardening into a solid mass.
9. Some people find it convenient to use a measuring spoon or clear measure cup instead of the bottle cap. Spoons and cups can be purchased at any kitchen supply store or pharmacy. If selecting a small measuring cup, measure out capfuls into the cup and mark the level(s) with a marker.

Remember, caking does not affect the product's potency. However, it does make the product difficult to use. You can avoid caking by adopting the above methods to store and use your Isotonix® products.

### WHERE CAN YOU FIND MORE INFORMATION ON THE NUTRITIONAL SUPPLEMENTS RECOMMENDED BY OUR OFFICE?

### ONLINE PATIENT RESOURCE PORTAL OVERVIEW

Education & ongoing nutritional support is essential to your wellness care. This web portal is provided as a resource to support your education on nutritional supplement ingredients and benefits, as to keep you up-to-date on current health topics via our wellness blog.

Please retain your patient login ID and use it to access this resource. Additionally, once logged in, you can order additional products, track your shipments, and manage your account information.

You may also log in using your email address if it has been set up on file, but please retain your 7 digit ID card in case of changes to your email account or for identity verification.

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