

“TIPS FOR TAKING YOUR SUPPLEMENTS”

Q: Does it truly matter if I take my supplements regularly?

A: Our body does not take vacations. It is busy at work for us day in and day out without a moment's break. Whether we are walking, running, sitting or sleeping, our body is actively repairing, replenishing and rebuilding our cells, tissues, bones and organs. The battle to protect us against bacteria, viruses, allergens and free radicals (oxidants) is never ending. This is why we encourage consistent, daily use of supplements, so that your body has an ample supply of the nutrients it needs to keep your body functioning at its highest capacity.

Q: Does it matter if I take my supplements all at once or is it important to take them at three different times during the day?

A: Ideally, it is best to take your supplements at two or three different times during the day. However, for most people, three times a day is not practical and they are unable to stick with this routine. Generally, it is better to take them all together rather than not take them. Please do try to follow the usage instructions provided for each product on its label. Read the tips for taking your supplements included in this document, and find a solution that works best for you.

Q: I really want to benefit from the True Essentials supplements, but I have difficulty swallowing them. What do you suggest to make taking them easier?

A: Here are a few helpful suggestions if you encounter difficulty swallowing pills.

1. Put water in the back of your throat before placing the pill in your mouth. This will help it slide down more easily.
2. The two-part gelcaps can be cut or pulled open and mixed with drinks such as juice, tea or the True Essentials **Protein Shake**. Another option is to open the gelcaps and mix them with food such as applesauce or yogurt.
3. You may crush tablets and mix them similarly. It is best to eat the food or drink the liquid that the supplement is mixed into within a reasonable amount of time.

Q: True Essentials has such a great variety of supplements. How do I know which ones I can take together and which ones I should not?

A: The True Essentials products are designed to complement each other. Each one serves its own unique purpose and can be combined with our other supplements. However, if you are taking the Men's Essential Pack or the Women's Essential Pack, these convenient daily packs include a Multivitamin, so this is one product that you would not take in combination with it. If you have specific concerns about certain supplement combinations, please email us with your questions. Also, we recommend that you obtain your doctor's advice when developing your personal nutrition program.

Q: I have a hard time remembering to take my supplements. Do you have any suggestions to help me become more consistent?

A: It can be difficult to remember to take your supplements, but planning ahead and searching for a system that works for you are the keys to success. Here are a few ideas that may work for you:

- * Set your watch or phone or computer alarm to remind you each day.
- * Place a reminder on the refrigerator door or your bathroom mirror.
- * Associate taking your supplements with another habit that you already have. Place your supplements by your toothbrush or coffee machine so that you will be reminded to take them in the morning. Or place them by your watch or purse as a daily reminder to take them before you leave the house each morning.
- * Place your supplements where you can easily see them such as on the kitchen island or counter. Put them out the night before when you are making lunches or otherwise preparing for the next day.
- * Use a 7-day pill box to help you see them and keep track of your daily use.
- * Pack them in your lunch.
- * Keep extras in your purse, car, office drawer, etc. for the times you forget to take them at home or on-the-go. Make them available, so that when you do remember, you will have access to them.
- * If you feed the fish every day, put your supplements by the fish food.
- * No one knows you like you do. Find what works for you and do it!

Q: As much as we try, we still have some extra supplements at home that we have not taken. What should we do with these “extras?”

A: There are several good ways to put your extra supplements to work.

1. As mentioned above, keep some extra supplements at work, in your purse, or in your car (when temperatures are mild) so that you have them on hand to take when you forget to take them at home or so that you can take them when you are eating away from home.
2. Give some of your extras to someone you care about to help them get on track to benefit from True Essentials just as you are. Get them hooked too! Then, you and your friend, co-worker or loved-one can help remind each other to be consistent in taking your supplements. Be creative.
3. You may benefit from taking the extras yourself, depending on your situation. The daily servings in the bottles are general recommendations, meaning that they are average dosages for average situations. For instance, an extra **Power Antiox** or **Fruit and Vegetable Essentials** gelcap can be beneficial if you have eaten a fatty fast-food meal or if you have exercised vigorously. If you are suffering from a flu or cold, you may benefit by taking some additional **Mineral pH** or **Fruit and Vegetable Essentials**. These are blends of natural nutritional ingredients from which your body may benefit even more from the additional nutrients. E-mail us or speak with your doctor for guidance regarding the appropriate amount of a supplement that will be most beneficial for you.

Q: Sometimes my stomach gets upset when I take my supplements. What can I do to avoid this?

A: If you experience discomfort from taking your supplements, avoid taking them on an empty stomach. Take them at meal or snack time, either with your food or soon after. You may also try taking them soon before going to bed so that you can sleep through the aftertaste or discomfort you experience.

Q: Is it okay to take my supplements right before going to bed?

A: If your supplements cause you to burp or experience discomfort, taking them before going to bed may actually be a good solution for you. Some people are sensitive to the energizing effect of certain supplements, so make sure that your sleep is not disrupted by taking your supplements late at night.

Q: I get an unpleasant aftertaste from the softgels. What can I do to avoid this?

A: The CoQ10 softgels contain an orange oil extract that assists with nutrient absorption. If you experience an orange aftertaste from them, you may be able to avoid this by freezing your capsules or by taking them soon before going to bed. These same techniques may work for the EFA Essentials as well if you are bothered by a fishy aftertaste from them. Note: Tablets and capsules should not be frozen or otherwise exposed to moisture. Do not refrigerate these supplements or store them on top of the refrigerator where the temperature tends to rise.

Q: What is the best way to take my supplements to get maximum benefits?

A: Generally, for maximum absorption of the nutrients in your supplements, take them with a meal or a snack. Nutrients tend to work together in our bodies as part of an intricate, interrelated system. For some supplements it makes little difference to take them with or without food, but this is a good rule of thumb and will also help prevent stomach discomfort for some people. Please read the usage instructions for your supplements. These instructions are listed on the product label and on the product flyer posted on the True Essentials web site.

Q: I would like to begin using the True Essentials supplements but don't quite know where to begin. How should I get started and how will I know which supplements to select?

A: You are wise to begin with a plan. To be successful in most things, it is important to begin with a plan. In contrast, think of the saying, "Failure to plan is planning for failure." Your health and wellness need to be top priorities in your life. Take steps to protect your health so that you can remain active and face life's opportunities with energy and vitality. We are here to help you reach your wellness goals so that you are able to enjoy your journey through life.

Here are some guidelines to help you reach your goals for health and wellness:

1. Think about your particular needs and interests for health. Explore the topical pulldown menu on the True Essentials website to make a list of supplements that appeal to you.
2. Obtain your health care provider's recommendations for supplement use, especially for coordinating your supplements with any medications you are taking, both prescription or over-the-counter, and with any medical conditions you have been diagnosed with.
3. Place your True Essentials Easy Ship order. If you are unsure which supplements are best for you, email us with your questions, and we will be glad to help.
4. Read the "Tips for Taking Your Supplements" in this document to determine a workable routine that will realistically fit your lifestyle and personality. No excuses, though. Find a way that will work for you!
5. Takes steps immediately to put your plan into action, such as setting your phone or watch alarm as a daily reminder to take your supplements, purchasing a 7-day pill box, putting some supplements in your car and/or purse, etc.
6. Commit to your plan. Do your best to take your supplements regularly.

Each day is a new beginning, so if you get off track, simply jump back .