



Medical Industry Supports Supplementation

The *Council for Responsible Nutrition* recently reported positive findings regarding the use of dietary supplements from their Healthcare Professionals Impact Study, which included 1,200 orthopedists, cardiologists and dermatologists. The physicians surveyed view the use of supplements among consumers as an accepted and increasing trend in consumer health and wellness spending. Many specialists reported not only taking supplements themselves but are recommending them to their patients as well. Supplement recommendations were either related to the doctor's area of expertise and condition specific or were for overall health and wellness.

Orthopedic specialists reported the highest usage of supplements and patient recommendations. 73% of the orthopedic doctors surveyed reported that they used supplements themselves with 94% of those doctors advising their patients to do the same. Of the orthopedic specialists surveyed who did not report personal supplement use, 82% of them indicated that they do advise patients to use supplements. Bone health, joint health, heart health and cholesterol reductions were the most commonly cited reasons for making the recommendation.

57% of the cardiologists and 75% of the dermatologists polled also responded that they used supplements. A majority of those same cardiologists (86%) and dermatologists (79%) also advised their patients to do the same. Commonly reported reasons were heart health, cholesterol reduction, anti-aging benefits and immune system health.

As consumers turn to supplements ever more increasingly as part of their health and wellness regimens, there is also a positive trend in physician support of supplementation as part of an overall healthy lifestyle.

Source: <http://www.crnusa.org/>

PHYSICIAN SUPPORTED



Calcium supports strong bones and teeth and more. It also plays an important role in the functioning of other areas of the body, such as the muscular, vascular, and nervous systems.

For example, calcium is used for the contraction of muscles when we move. The nervous system uses calcium when sending messages or signals to other areas of the body.

Vitamin D is calcium's best friend.

Vitamin D is crucial to bone health; as it helps with the absorption of calcium! Did you know that Vitamin D also helps immune system work properly? So get your D!

Source: National Institutes of Health/
Office of Dietary Supplements