

# Top Selling Dietary Supplements



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## Top Selling Dietary Supplements

Roughly 60 percent of Americans take dietary supplements. With so much information, it can be difficult sorting out those that are of value from those that have little evidence of benefit. This informative presentation provides the most current evidence of safety & benefit for the top selling dietary supplements in the United States.

This 3 hour video (approx.) was recorded live and includes Dr. Low Dog, her full color PowerPoint presentation (93 slides), and audio. Price: \$59.99

### Topics Include:

1. Multivitamins – Do you need one? How to choose a good quality multivitamin. Reading and understanding labels.
2. Vitamins A through Zinc – Dr. Low Dog takes a journey through the most important vitamins. Why each one is vital and how they each contribute to human health. She covers dosages, issues to watch out for, and food & drug interactions.
3. Supplements (non-vitamin) – Everything you want/need to know about Omega-3s, Probiotics, Cranberry, Elderberry, Turmeric, and more.

Each subject is covered with a critical look at the evidence. Complete with references to the scientific studies that Dr. Low Dog bases her understanding upon.