



Before You Start a Supplement

Questions to discuss with a physician or pharmacist

Natural does not automatically mean safe. Supplements can interact with medicines, affect lab tests, or be inappropriate for some health conditions. Do not use a supplement as a substitute for prescribed medication.

- Why am I considering this supplement, and what do I hope it will do?
- Is there good evidence that it may help someone with my health conditions?
- Could it interact with any prescription or over-the-counter medicine I take?
- Could it affect my blood pressure, blood sugar, kidneys, liver, bleeding risk, or laboratory tests?
- Is there a reason I should avoid it because of surgery, pregnancy, kidney disease, liver disease, or another condition?
- How can I evaluate product quality and avoid exaggerated claims?
- What side effects or warning signs should I watch for?
- If I take it, how will we know whether it is helping or causing a problem?

For educational and informational purposes only. This resource is not medical advice and does not provide diagnosis or treatment. Follow the individualized guidance of your physician, pharmacist, or other licensed healthcare professional. MorgenRaynConsulting@gmail.com