

Supplement Safety: Green Flags

Use this guide to understand supplement green flags.

Look Out for These Seals:



Clearly Labeled Ingredients

Safe supplements are transparent about the ingredients. Look for supplements that have ingredients that are:

- Recognizable
- Listed by their common name
- Have well-documented nutritional value



Use [Supplement Connect](#) to search for safe, certified products.

Focus On Food First

Unless you have a medical condition or have been advised by a healthcare professional to take a supplement, it's best to start with a food-first approach. Aim to get these nutrients from food whenever possible:

Vitamin C: Found in colorful fruits and vegetables like peppers, oranges, kiwis, and berries.

Iron: Found in meat, fish, poultry, and plant sources like beans and lentils.

Magnesium: Found in foods such as avocados, legumes, tofu, bananas, and even a bit of dark chocolate.

Zinc: Present in red meat, poultry, beans, nuts, and dairy products.

Check with a your doctor before starting a supplement!

Supplement Safety: Red Flags

Use this guide to understand supplement red flags.

No Third-Party Certification

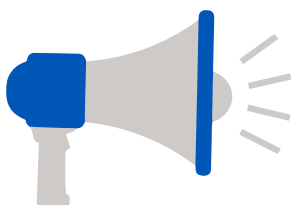
"Approved" is not good enough. These organizations can't approve supplements:

- World Anti-Doping Agency
- Food and Drug Administration
- The United States Anti-Doping Agency



Outrageous Claims

If it sounds too good to be true, it probably is.



- Endurance enhancer
- Testosterone booster
- Super focus
- Replacement or alternative to prescriptions

Only Available Online

Some companies avoid regulations by having only an online presence. Think twice before purchasing supplements online that you can't get in-store as well.

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Secret Formulas

If supplements are secretive about the ingredients in them, they're likely hiding something that could be dangerous or banned. Avoid supplements that claim:



- "Top secret formula"
- "Proprietary blend"
- "Scientific breakthrough"