

Springtime Science

Get the Facts on Supplements

Leila Shinn, MS, RD

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.



Quick Tips:

- Take your supplements with a meal to ensure proper absorption
- "Natural" supplements are not always the safest
- Talk to your doctor before starting any supplements
- Watch out for supplements that make claims that seem too good to be true!
- Check the label for proof of third-party testing



What should I supplement?



If you are...

You may need to supplement...



Vitamin B12
Iron



Over 50



Calcium
Vitamin D
Vitamin B6
Vitamin B12



Children



Fiber
Calcium
Vitamin D & E
B Vitamins
Iron



Cloudy or Cold Climates



Vitamin D



University of Illinois at Urbana-Champaign
College of Agricultural, Consumer and
Environmental Sciences - United States
Department of Agriculture - Local Extension
Councils Cooperating - University of Illinois
Extension provides equal opportunities in
programs and employment.

Next Week:

Hungry for Change:

Investigating the Impact of
COVID 19 on Food Insecurity

Ruyu Liu, MS, RD

I ILLINOIS