

# Preferred Medical Supplements

*The Natural Choice for Better Living*

Order Online Anytime at [www.PreferredMedicalSupplements.com](http://www.PreferredMedicalSupplements.com)

Comments? Questions? Need more information and expert advice on which supplements are right for you? Call us Mon. through Fri., 8:30AM-5:00PM (239) 597-2010 or email us at [info@PreferredMedicalSupplements.com](mailto:info@PreferredMedicalSupplements.com)

## Dr. Joe's Corner with Dr. Joseph Spano, M.D.



Dear Dr. Joe,  
I would like to start taking a nutritional supplement, but there are so many out there! What should I be looking for?

Thanks,  
Lisa in Naples, FL

Dear Lisa,  
Nutritional needs differ for men and women, and for different ages. As a general rule for everyone, though, you want to find a supplement that is GMP

certified, meaning that it is free of contaminants, and that it contains the exact amount of ingredients that are on the label (if a company isn't GMP certified, this isn't guaranteed.) Secondly, you need to have your dietary needs evaluated. Your healthcare professional can recommend the types of supplements that you should be taking, and then you can choose the brand based on quality. If after talking with your practitioner you're still not sure, a GMP-certified, nutritionally-sound multi-vitamin is a good way to start on the road to better health.

Thanks for writing,  
Dr. Joe

Preferred Medical Supplements will only carry products from GMP certified manufacturers. This means that the manufacturers operate in a state of control to prevent contamination, mistakes, and to ensure that 100% of what goes into the bottle is on the label. We use only trust-worthy manufacturers so that you can trust products from Preferred Medical Supplements.

As we get older, we lose vitamins and minerals from our bodies. A way to help restore some of this vital health is through regular exercise and nutritional supplements. Talk with your doctor about ways that you can improve your health through regular exercise, and which nutritional supplements you should take daily. (Blue sweatsuit and big smile are optional!)



## The Buzz About... Vitamins

We all know that we need vitamins and minerals to live and be healthy, and that sometimes the foods that we eat don't provide enough of these. With so many vitamins and minerals out there, which do you need, which aren't necessary to supplement, and what's the difference between the brands available? Our speaker will answer these questions, as well as your questions about supplements and overall health, at our January 3rd seminar.

### Did You Know...?

150 million Americans use vitamin, mineral, herbal, and other supplements regularly.



A Special Gift for Our Newsletter Subscribers!

Use Group Number **WEBV01** at

Coupon Expires 03/31/08

[www.PreferredMedicalSupplements.com](http://www.PreferredMedicalSupplements.com)  
and we'll give you 10% off of your purchase when you checkout!