



How to care for your supplements and most likely your medications

Not all supplements are created equal nor are supplements supposed to be treated any differently from whence they were generated in a cool, dry, air-tight facility. Your supplements have a shelf life. Going beyond the expiration date could be harmful to you and non-beneficial. Most supplements, vitamins, and medications are regulated by the Food and Drug Administration (FDA), meaning that, by law, they **MUST** have the dosage at the expiration date when that day arrives.

To accomplish this manufactures place an increased amount of product into your bottles to assure it will have the labeled effective dosage at the expiration date. To maximize your products' potential and save your valuable dollars, I've compiled a list of actions to perform.

1. To prevent untimely degradation of your product, you should immediately remove any cotton found in the bottle after opening. Cotton acts as a wick and attracts moisture, decreasing the life of your product.
2. Store in a cool, dry area. The bathroom has a shower and a refrigerator has high humidity, both should be avoided.
3. Immediately place the cap back on your bottle. Oxygen reacts with many products causing oxidation. This reaction causes a conformational change on a molecular scale and could render your products less effective if not completely useless.
4. Throw away products at the expiration date. Each company has performed tests to discover when the product has oxidized to the point it is no longer effective as written on the label.
5. Keep your products away from microwaves, televisions, and other electronics emitting radiation. This also includes traveling on a plane. It is best to avoid traveling with products and to purchase products upon arrival, but this is nearly impossible. Therefore, attempt to carry necessary dosages on your body to avoid your travel bag being radiated in security. Place the remainder of your product to be stored in your heavier luggage.

6. Call your physician if you are noticing any effects out of the normal. If life-threatening, call 911 and seek emergency care immediately.