

Helpful Resources For Choosing Supplements

Consumer Labs: <https://www.consumerlab.com/>-

Fullscript: reliable supplement distributor (no purchase required)

<https://us.fullscript.com/welcome/aburkhart>

Public government websites regarding supplements

<https://www.nccih.nih.gov/health/dietary-and-herbal-supplements>

<https://dietarysupplementdatabase.usda.nih.gov/>

[https://ods.od.nih.gov/Research/Dietary Supplement Label Database.aspx](https://ods.od.nih.gov/Research/Dietary_Supplement_Label_Database.aspx)

<https://ods.od.nih.gov/>