



## *Are your supplements MAD DOC approved?*

### *Methyl...*

Look for methyl forms of B12 and Folic Acid. You want to look for the “methylcobalamin” form of B12 and the “methylfolate” form (or simply the word “folate”) for folic acid. A product that contains these ingredients shows a greater degree of integrity in research and product design.

\*\*\*Note: It is extremely difficult to find an over-the-counter supplement that contains both of these forms.

If you do find one, you can bet it is a great supplement. You know this company has done its research!

\*\*\*At the very least, try to find a company that is at least using methylcobalamin and not cyanocobalamin.

### *Additives*

Some additives are common in product formulation but look out for red flags - Hydrogenated oils, titanium dioxide, and natural flavors are a few examples.

### *Dyes*

There's no reason for your supplement or multi-vitamin to be some fancy color. It's marketing. Extra money spent on marketing tends to mean that less money was spent on the product.

### *Difference*

Your time, energy and money are spent on these vitamins and they should be making a difference in the way you feel and in your labs. Too many people take a product because they read somewhere that they should take it. Well, we want to see you thrive when you take it.

### *Oxides*

Look out for oxide forms of minerals. Red flag for a poor product. These forms are inexpensive and are not readily absorbed by the body so they will pass right through you. Common ones to avoid are zinc oxide, magnesium oxide and copper oxide.

\*\*\*Oxides tend to have laxative effect so the one place where they might make sense is in a laxative.

### *Calcium Carbonate*

Red flag for a poor product. This form of calcium is an inexpensive, very poorly absorbed form. We might consider it a “cosmetic” ingredient... it's listed on the outside of the bottle but the health benefits are not delivered by the inside of the bottle. Quick quality control check... if you see this form of calcium, you can skip this product.



A few expanded notes:

\*MAD DOC will help you quickly rule out which products aren't worth your time or money. It's great for side-by-side comparisons of products. Unfortunately, for some classes of products like Multivitamins, this approach may not make life easier for you... you may quickly find that many of the offerings in your local store are not MAD DOC approved... not worth your time or money, broadly speaking. So, I recognize MAD DOC is kind of a mixed-offering. I wrestled with this as I created it but I had to get this information out. Simply put, it makes me mad that very poor products are being sold. They're of little use to you and add confusion in my field of practice. I feel it's through awareness that we can begin to make change and we must demand better products. At the very least we, collectively, need to quit paying for poor quality products.

\*So, what do you do? There are some products you may need to work a little harder to find. You may or may not be aware that some supplements/products, referred to as professional or doctor-only product lines, are only available through a qualified health care practitioner. In many instances these products far exceed the quality of more easily accessible products. Unfortunately, but perhaps reasonably, they do tend to be more expensive. A better value in my opinion but nonetheless more expensive. Do your research and find reputable professional and/or non-professional products. Hopefully, MAD DOC will help you get started.

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