



## Are Supplements Safe?



Multivitamins? Calcium? B12? Isolates? Brand? Synergy?

Confusing isn't it? There is so much conflicting information. Who do we trust?

We go to a Cardiologist for our Heart; we go to the Dentist for our Teeth; and we should go to a R.D., L.D.N. for our Nutrition & Supplement advice.

Valerie Early is an innovative expert offering cutting edge information on supplementation and health. Join us as we filter out the deception and learn from the expert what supplements and nutrition we really need based on science, not marketing!

**Thursday, February 4th, 7-8 pm**

*NCB - YOUniversity Room / RSVP 847-985-1200*

*1443 W Schaumburg Rd Suite 22, Schaumburg, IL 60194*

**[www.nutritionconnectionbalance.com](http://www.nutritionconnectionbalance.com)**