



Are Supplements Safe?



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

Confusing isn't it? There is so much conflicting information.

Who should we trust?

We go to a Cardiologist for our Heart; we go to the Dentist for our Teeth;
Medical Doctor for surgeries and illness.

We should go to a Registered Dietitian for our nutrition, supplement &
prevention advice.

Valerie Early, RD, LDN, R.Ph.T., is an expert offering cutting edge information on supplementation and health. Her degree is in food and nutrition science from FSU. We will filter out the deception. Attend and learn from the expert what supplements and nutrition we really need based on science & peer reviewed HUMAN studies not marketing!



Wednesday, March 30, 2016, 7-8:30 pm

Palatine Midtown Athletic Club

RSVP: 847-985-1200 or

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