If You Notice… Read…

If you notice…	Read
A row of bottles and you're not sure what each is for	Ch. 1, p. 3; Ch. 13, p. 111
You're always tired and think you might be low in something	Ch. 2, p. 13; Ch. 8, p. 65
You're tempted by a "nutrient panel", hair analysis or vitamin drip	Ch. 2, p. 13
You're not sure the bottle you bought matches its label	Ch. 3, p. 21
An advert full of "supports", "proprietary" and "detox"	Ch. 4, p. 29
You take a multivitamin "just in case"	Ch. 5, p. 39
You take vitamin D, or have been told you're low	Ch. 6, p. 47
You take fish oil "for your heart" or "for your brain"	Ch. 7, p. 57
You want an "immune" bottle before flu season	Ch. 9, p. 75
You take an herbal pill	Ch. 10, p. 85
Yellow skin or eyes, or dark urine, after using a product	Ch. 10, p. 85

If you notice…	Read
You're drawn to NMN, creatine, protein powder or "smart pills"	Ch. 11, p. 93
Numb or burning hands or feet while taking several bottles	Ch. 2, p. 13; Ch. 12, p. 101
You take several bottles at once	Ch. 12, p. 101; Ch. 13, p. 111
You're about to have surgery or a blood test	Ch. 12, p. 101
You're planning a pregnancy, pregnant or breastfeeding	Ch. 5, p. 39; Ch. 7, p. 57; Ch. 8, p. 65
You eat a vegan diet	Ch. 2, p. 13; Ch. 8, p. 65
You're 65 or older	Ch. 2, p. 13; Ch. 6, p. 47; Ch. 11, p. 93; Ch. 12, p. 101
You take a blood thinner	Ch. 7, p. 57; Ch. 10, p. 85; Ch. 12, p. 101
You've taken metformin or a stomach acid reducer for years	Ch. 2, p. 13
You've had weight-loss surgery	Ch. 2, p. 13; Ch. 5, p. 39
You smoke or have been exposed to asbestos	Ch. 1, p. 3
You have liver or kidney disease	Ch. 6, p. 47; Ch. 10, p. 85; Ch. 11, p. 93
There are young children in your home	Ch. 3, p. 21; Ch. 8, p. 65