



Dietary Supplements:



Choosing Those Most Useful for You

**Wednesday, September 20th
at 6pm in the Winn Room**



Vicki Newman, Registered Dietician Nutritionist from the UC San Diego Medical School will share her expertise on dietary supplements.

Included in her presentation will be guidelines for choosing a well-balanced vitamin-mineral formulation, along with a discussion of specific nutrients to support bone and heart health, as well as immune function.

We will cover how to read and understand supplement labels, and how to sort out safe from potentially harmful supplements. Issues of bioavailability to insure maximum benefit will be included, along with a discussion of some common nutrient/herb/drug interactions.

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