

# Nutritional supplements should only be consumed under medical advice

NUTRITIONISTS AND OTHER HEALTH PROFESSIONALS ARE UNANIMOUS IN THEIR OPINION ON THE FOLLOWING FACT: HAVING A BALANCED DIET IS AN ESSENTIAL PART OF HAVING A HEALTHY BODY.

Still, there are those who believe that nutritional supplements are the only way to conquer a healthier and more desirable body, however, they can also present a risk to your health. **UNDERSTAND WHY:**



Supplements should be taken in cases of illness (Iron-deficiency anemia and sarcopenia, for example) or in situations where the person is unable to ingest the needed amounts of nutrients required for recovery or for nutritional support (for patients or professional athletes, for example).

According to the National Health Surveillance Agency (Anvisa), supplements must be prescribed by a nutritionist and are defined under six categories of food and one category of medicine:

- Vitamin supplements and minerals;
- Bioactive compounds and probiotics;
- New foods and new ingredients;
- Foods claiming functional and health properties;
- Supplements for athletes, food supplements for pregnant women and nursing mothers and nonprescription medicine.



A survey released in 2016 by the Brazilian Association of the Industry of Food for Special Purposes and Similar (Abiad), that was carried out in 1007 households, showed that **IN 54% OF BRAZILIAN HOMES, AT LEAST ONE PERSON TOOK SUPPLEMENTS.**

One of the main reasons behind it was nutritional supplementation (75%). However, only 22% of the users said they had consulted a health professional.



## Risks of taking supplements with no medical guidance:

- Kidney and liver overload
- High cholesterol
- Icterus
- Nausea
- Vomiting
- Appetite changes
- Fatigue
- Itchy skin

If, for some reason, you're considering nutritional supplements for your diet, don't put yourself at risk, **SEEK A DOCTOR OR A TRUSTED NUTRITIONIST'S OPINION!**

