

Frequently Asked Questions

◆ Why should I take supplements?

It is difficult to obtain many of the nutrients that the body requires from what we eat, even with the healthiest of diets. Stressful lifestyles and time constraints inhibit us from living healthy most of the time. Supplements supply healthful nutrients at therapeutic values to make the body work more efficiently, help you feel better and prevent illness. Starting with a baseline supplement like a multivitamin, and complimenting it with other healthy choices like good nutrition and exercise, can make a big difference in how you look, feel and act. Indeed, such small choices made daily can have a huge impact on our state of mind and overall well-being. Eating nutritious foods with proper supplementation, engaging in regular fitness activity and seeking balance in all other aspects of our lives is a simple, albeit challenging, recipe for success. Good Elements goes back to basics with nutrition-based essentials, while utilizing them more effectively.

◆ I don't regularly take supplements, and there are so many to choose from. Where should I start?

Good Elements' Essentials™ is a well-rounded, high potency, broad spectrum multivitamin and mineral supplement that should be the foundation of a dietary supplement regimen. Nearly all medical and health professionals across the globe recommend a daily multivitamin, like Essentials, to be part of our every day routines. Good Elements' Renewal™ blend has a high anti-oxidant content, protecting your body's cells from damage and oxidation, which is the underlying cause of aging and diseases like cancer. So, a potent anti-oxidant like Renewal is definitely a good idea. We recommend replenishing your body every day with Essentials and protecting your body with Renewal as a baseline program.

◆ What is the difference between Good Elements' supplement formulas and those available at my local health food or drug store?

Vitamins and supplements vary greatly in terms of standards, potency and efficacy. Studies show that too many supplement lines taken every day by the American public contain either the wrong ingredients or improper amounts of essential ingredients. Even worse, many companies add unnecessary and often unhealthy fillers. This can be dangerous, as evidenced by alarmingly frequent reports of toxins found in food supplies, pharmaceuticals and supplements. Good Elements is nothing short of passionate about the quality of its products. All of its nutrients (raw materials) are purchased in highly concentrated form, assuring there are no additives or cheap fillers. The company has scrutinized and handpicked its suppliers, and all of its ingredients come with Certificates of Authenticity. In addition, Good Elements has created specialized proprietary best-of-class blended formulas targeting common and specific health and wellness concerns. The company's superior quality ingredients are strategically combined to work together synergistically. This approach ensures the body best recognizes and absorbs the benefits of each of the critical nutrients in our supplements, rather than trying to get this benefit from a single nutrient. Each of the formulas have been created, and are based on, substantial collective professional knowledge of nutrition, research literature and clinical efficacy.

◆ Are Good Elements' products considered herbal remedies?

No, our products use many time honored and clinically proven herbs, but we also use many other sources of essential nutrients including vitamins, minerals, green foods, food extracts, enzymes, and amino acids.

◆ Why do I have to take so many capsules and different supplement formulations? Why can't I just take one pill?

Unfortunately for us all, there is no "magic health pill." Different nutrients address different conditions, and it's not realistic to put all of the essentials into one capsule. It's also important to take enough of the needed vitamin, mineral or herb to truly experience a therapeutic effect. At Good Elements we try to pack as much potency as we can into our capsules, but there are limits. We use only the best form and quality of nutrients to ensure maximum absorption into, and benefit for, the body. We recommend establishing a routine where you can take supplements in both the morning and the afternoon or evening. This approach limits the number of capsules ingested per "sitting," and has the added health benefit of replenishing your body throughout a given day with many of the nutrients that it is unable to store on its own.

◆ Sometimes I feel a bit nauseous when I take supplements, especially in the morning. Is this normal?

Nausea is not uncommon if you take supplements on an empty or near empty stomach, and/or if you traditionally suffer from stomach or digestive issues. To reduce or eliminate this nausea, try taking your supplements after you've eaten a complete breakfast or during a full meal.

◆ Are your products safe and suitable for everyone to use?

Good Elements' line of supplements have been created to be both effective and gentle, and each undergo independent laboratory testing to ensure they are safe. Generally, we recommend our products be taken by adults only, as children have limited and differing needs. We also recommend that women who are pregnant or nursing should avoid taking supplements other than those prescribed by their health care practitioner. As with any ingestible health product, you need to be mindful of interactions with other drugs and lifestyle factors. If you are taking a prescription medication, it is recommended you consult with your health care provider before taking supplements to ensure there will be no unintended drug interactions.

◆ I'm very cautious about what I put in my body. How can I be sure Good Elements' supplements are safe?

At Good Elements we are equally and extremely concerned about safety, as our employees - and their families - consume the company's products every day. The safety of our products have been tested and verified by an independent third party laboratory, which allows us to ingest, and market them to others, with the utmost confidence. We also test for potency to ensure the ingredients intended to be in our products are always present in the proper proportions. As well, we test for foreign substances and byproducts, such as heavy metals, bacteria, mold, yeast and aflatoxins, to further assure our supplements only contain intended ingredients and characteristics. Such third party testing is not required in the supplements industry, but this is a measure we choose to take to best assure our customers' satisfaction.

◆ What does Good Elements mean when it says its supplements are "all natural"?

Good Elements uses only natural substances, such as vitamins, minerals, herbs, enzymes, and amino acids, in its formulas to best support and balance the body. The company's supplements contain absolutely no synthesized ingredients. Each carefully chosen ingredient in Good Elements formulations are recognized by the body as natural and, thus, can be easily and well absorbed, increasing their benefit to the user. The company's products contain no unnecessary additives, fillers, colors, or dyes, and all of its products are also free of common food allergens like wheat, dairy, corn and soy.

◆ Why is supplement "absorption" so important?

Absorption is a critical benefit of our supplements, as this enables the body to benefit from all the goodness that each Good Elements capsule contains. All Good Elements products come in absorbent vegetable capsule form that have added natural absorbency enhancers, such as the enzyme Bromelain extracted from the pineapple plant. The body first needs to recognize and then use the nutrients in supplements or it may discard them, and we utilize ingredients in kind.

◆ What is Naturopathic Medicine?

Naturopathic medicine, also called Naturopathy, is a distinct, integrated system of primary health care offered by licensed physicians. It blends centuries-old natural therapies with current advances in the study of health and human systems, covering all aspects of family health. Naturopathy consists of the diagnosis, treatment, and prevention of human disorders by the therapeutic use of natural methods and materials, tapping into the body's intrinsic ability to heal and maintain itself without resorting to synthetic drugs or surgery.

◆ What is a naturopathic doctor? Are they licensed and do they go to medical school?

Naturopathic physicians (N.D.'s) are trained to serve as primary care practitioners and are experts in the prevention, diagnosis, management and treatment of both acute and chronic health conditions. Naturopathic physicians concentrate on whole-patient wellness, while the medicine is tailored to the patient and emphasizes prevention and self-care. Naturopathic physicians attempt to find the underlying cause of the patient's condition rather than focusing solely on symptomatic treatment. As an example a naturopathic physician will work to understand the cause of a patient's migraine headache rather than simply prescribing a pain reducing pharmaceutical which, by definition, can only provide temporary relief since it does not treat the cause.

Licensed naturopathic physicians graduate from an accredited four-year, graduate level naturopathic medical college. The Doctor of Naturopathic Medicine degree (N.D.) is awarded after completing a standard medical curriculum as well as extensive coursework in natural therapeutics. This means naturopathic physicians receive significantly more hours of classroom education than the graduates of many leading medical schools. N.D.'s are trained in the following medical sciences: *anatomy, *biochemistry, *cardiology, *clinical and physical diagnosis, *dermatology, *EENT, *gynecology, *gastroenterology, *immunology, *lab diagnostics, *microbiology, *minor surgery, *neurology, *obstetrics, *oncology, *pathology, *pediatrics, *pharmacology, *physiology, *proctology, *radiology, and *urology.
