

## Nutrition Testing for Sensible Supplementation

# Take the Guesswork out of Designing Your Personal Vitamin Profile

Do you wonder how best to determine your precise individual nutrient needs?  
Are you concerned about how all your vitamins, herbs and medication interact with one another? Even a product that is “working” on one level,   
even producing good results, may be causing unseen problems on another level.

I often get asked “how do I pick a good supplement?”  
What makes a “good” vitamin supplement?  
Is it the quality of ingredients or rather, how well those ingredients match your actual body tissue level of those nutrients? Consider: would you add oil to your car – even a high grade motor oil – without first checking the dipstick?   
Why take supplements without first knowing your baseline level?

Learn professional and self testing methods to generate a tailored and safe supplement schedule. Includes effective herbal alternatives to common medications. Anyone can sell you vitamins, but few can tell you specifically which nutrients best meet *your* individual need. Establishing your personal nutrition baseline may be the single most important step you take to improve your health and   
fine tune your nutritional intake.

**Karl J. Mincin** is a clinical nutritionist in practice for 30 years.   
He specializes in nutrition assessment testing to determine individual nutrition needs.   
Consultation by telephone or in person may be scheduled by calling (360) 336-2616

[www.Nutrition-Testing.com](http://www.Nutrition-Testing.com)