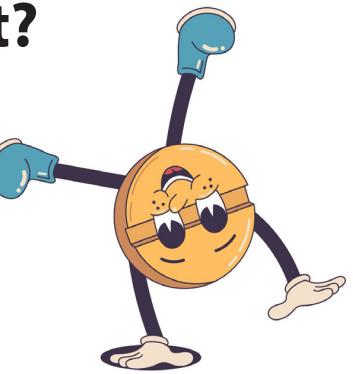


# Supplements & Medications

## Should I take a nutritional supplement?

Supplements are an added source of nutrition in the form of a pill, powder or liquid that help provide the extra nutrients our bodies need when we are not able to get enough through our diet alone.



Older adults need just as much nutrition as younger adults, sometimes they may even need more.

But as you age, your body may not absorb nutrients as well as it used to, and you may not be able to eat as much as you used to either.

Medications may also change your ability to absorb some nutrients.



- Talk to your health care provider about taking a multivitamin with minerals specifically designed for older adults (may contain less iron).
- If you're having trouble maintaining weight, talk to your health care provider about taking a liquid meal replacement between meals or in the evening to add more calories (energy) and protein.

**If you are eating a diet high in nutrient-rich foods with adequate calories (energy) and protein, you may not need a supplement. Check with your health care provider on what is best for you because taking a supplement depends on many factors.**

### Did you know?



The Food and Drug Administration (FDA) only regulates *food and medications*. Dietary supplements, energy drinks and diet products are not considered food or medication, therefore are not regulated. Talk to your health care provider.

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