



# Supplement Safety

## A Review

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February 2014

We at Middle Path Medicine have been advocating for our patients, clients, and friends in regards to the importance of quality supplements for many years now. Since 1998 I have owned a supplement shop in an effort to help people access the best in nutritional supplements. I have found the need to continually review and revise what I recommend, based both on supplement quality and on my actual practice and evaluation of the clinical response to supplements.

MPM provides a service that goes widely underappreciated and often viewed skeptically as wary customers sometimes want to find the cheapest supplements, thinking they can save money and can do as good of a job at “researching” these supplements as we do. What they don’t realize is the rampant fraud in the supplement industry makes their discount purchases at best ineffective, and at worst dangerous, usually thwarting our attempts to help them. Take advantage of the loving, knowledgeable, fact-based, experience-driven recommendations of your integrative health care practitioner and staff.

Most of you have seen the recent news of the cease and desist order sent from the New York State Attorney General’s office to four national retailers. The order stems from the vast majority of their store-brand labeled supplements failing to contain *any* of the herbs on their labels, not just a lower potency of the herb listed, simply nothing except often very allergenic fillers (and houseplants)! Those retailers include the obvious Wal-Mart and Target, along with well-known disreputable companies in the supplement world: GNC and the pharmacy chain Walgreen’s.

These recent findings don’t disparage the entire industry, just the mass retailers who sacrifice quality for profit under the guise of saving you money. If money concerns are your primary concern in buying supplements, please don’t buy any supplements. This will save you the most money while ensuring that you won’t have an adverse reaction to buying the fraudulent supplement that you “saved” so much money on.

Be clear this problem infiltrates more than just specific supplements. The most popular cold “remedy” Airborne not only cannot work the way it’s formulated, it has been shown in clinical trials to not work at all, making it the most sought-after supplement this cold and flu season! Marketing trumps science; they do have cute displays in your

pharmacies and grocery stores. I really could go on for days about these kinds of problems, but there is one simple solution.

Find an integrative practitioner to guide you in the use of amazingly effective herbs and supplements, listen to their advice, and take exactly what they say. Support your local health food store/supplement shop and buy the brands your practitioner has recommended. Obtain follow-up consults and, if necessary, labs as well. No one thing works in everyone, even when the supplement in the bottle is exactly what you think.

With reputable guidance and hand-selected supplementation, you can access a powerful field of true healing.

Your Journey to Health and Healing,  
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