



## About Energetix

Energetix began with a vision to create a vibrant company providing the most effective, high-quality natural remedies, clinical education, and support network available to healing arts professionals and their patients/clients. Since we are dedicated to providing outstanding resources and solutions, Energetix partners only with practitioners who are interested in advancing the scope of their practice by offering a new level of healthcare to their patients/clients.

Energetix recognizes that the creation of quality products requires **innovative formulations, pure raw materials, and clean processing methods.** For this reason, we have chosen the **Spagyric method** of processing, utilizing only the purest ingredients to create unique formulations that work synergistically to address causative factors in the ever-changing healthcare environment.

Our handcrafted product offerings include homeopathics, botanicals, nutritionals, topicals, and Chinese botanicals.



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## How can I learn more about nutritional supplements?

There are numerous resources available both online at [www.goenergetix.com](http://www.goenergetix.com) and in print, but start by talking with your practitioner as he or she can explain how nutritional supplementation relates specifically to your health and well-being.

# Nutritionals

what you need to know



# Nutritionals – what you need to know

## What is a “nutritional” or “dietary” supplement?



A “nutritional” or “dietary” supplement is simply food nutrients in supplement form. They can be plant, mineral, or animal based. Some examples include multivitamins, antioxidants, and herbal tinctures. Dietary supplements are not drugs; they are designed to supply the body with concentrated nutrition for optimal function.

## Why do I need supplements? I eat plenty of fruits and vegetables.

If your practitioner has recommended supplements, it simply means that your body is in need of some extra nutrients. Supplements are not intended to replace healthy food but should work in concert with proper diet and lifestyle choices. Additionally, there have been recent studies indicating that the nutrient content in our foods is declining and is not what it was several decades ago. This is believed to be the result of large-scale farming and food production practices. Supplements are a natural and affordable way to ensure that our bodies are getting the building blocks they need for normal function.

## What types of supplements will my practitioner recommend?

Each person’s healing process is unique and there are a variety of nutritional supplements available. Following is a list of the different types of Energetix nutritionals that your practitioner may recommend:

- Vitamins and minerals – capsules, liquid, and powder
- Phytonutritionals – encapsulated or liquid herbal blends and herbal/vitamin blends
- Amino Acids – encapsulated, concentrated whitefish protein and rice protein powders
- Enzymes – plant-based digestive enzymes, capsules
- Antioxidants – liquid herbal extracts
- Probiotics – beneficial bacteria, capsules or chewable wafers
- Glandulars – provide the body with the blueprint of healthy tissue, capsules

## Why does my practitioner recommend Energetix supplements?

Energetix offers the highest quality Nutritionals, Botanicals and Homeopathics. Meticulous sourcing, innovative formulations and clean processing are all reasons your practitioner recommends Energetix. Our products are only

available through healthcare practitioners who understand the necessity of offering the highest quality natural products to their patients.

## Are supplements expensive?

Nutritional supplements are very affordable and range in cost depending on the formulation. Look at nutritional supplements in terms of prevention – as an investment in your future. If you take care of your body now with proper nutrition and exercise, it is likely that you will have far less healthcare expenses later in life. That’s the beauty of preventative care!

## How long will I have to take supplements?

That is unique to each individual. Some supplements can be taken for long-term maintenance, such as greens, digestive enzymes or vitamins; while others are more beneficial for short-term use such as glandulars and certain herbs. Your practitioner will design a customized supplement program for you based on your individual needs.

