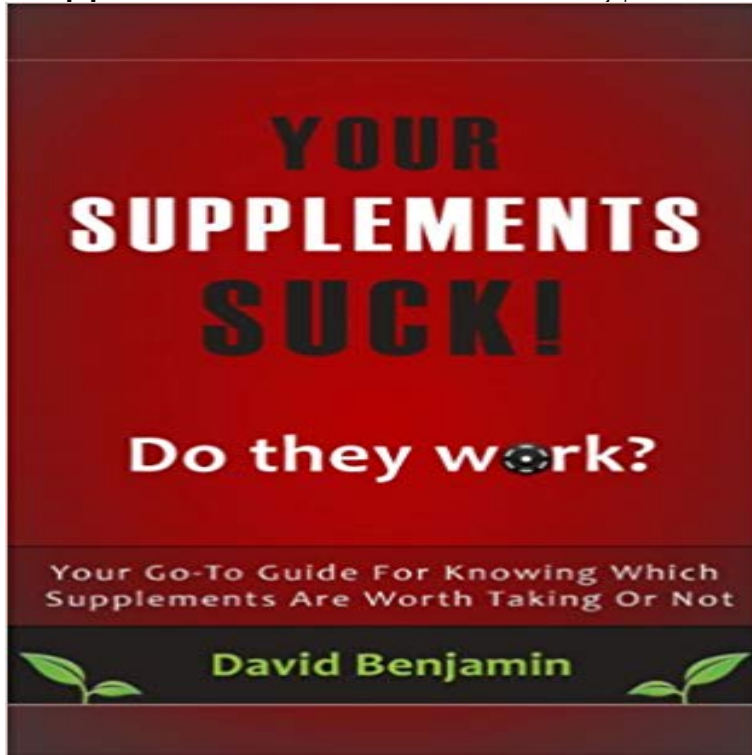


# Your Supplements Suck - Your Go-To Guide For Knowing Which Supplements Are Worth Taking Or Not



Your Supplements Suck? Do they? Do they even work? As an avid health researcher for years I have tried, tested and researched many different supplements from many different companies. Ive discovered some unethical practices along the way that effect the quality, potency, and effectiveness of the supplements you are buying. Did you know that the supplement you are taking right now could actually be making your health worse? Its true, in this book you will discover how to determine whether a supplement is harming or helping you. Did you know that some supplement companies grind up rocks (literally) into a fine powder and add it to supplements considering it a mineral? its absurd. Did you know there are GMO ingredients used as fillers in supplements? Find out which ingredients to avoid GMOs in your supplements in this book. Did you also know that some supplements contain more fillers, additives and preservatives than actual nutrition? In this book you will find out how to properly read and discern supplement labels to be the smart consumer and not waste your money. In this book you will learn: \* Which types of supplements to avoid\* Which ingredients in supplements to avoid\* Which type of supplement is usually a safe bet\* How to use supplements to your highest health advantage! Supplements suck, unless you are educated and know what you are taking is actually helpful, beneficial, worth the price and worth it for your health. Dont be another regular consumer, get educated and use this information to your advantage. Enjoy the reading, David Benjamin

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