



## **Food As Medicine: Do I need to take a multivitamin supplement?**

**DISCLAIMER:** *I am a health coach, wellness consultant, and educator. Drawing on my background, training, skills, and life experiences, I support my clients of TrueSelf TotalHealth spiritually, mentally, emotionally, and physically. I am not a licensed practitioner, physician, dietician, nutritionist, nurse or medical professional. Anything you learn here is to be utilized/taught/shared at your own risk. Antoinette (Toni) St. Clair-Fish, Health Coach and Wellness Consultant claims no responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the information presented, suggested or recommended. This content is not intended to diagnose, treat, or cure a disease or condition. It is intended to be provided for informational, educational, and self-empowerment purposes ONLY. Please consult with your doctor or wellness practitioner if you have a condition that requires medical attention.*

### ***If food is medicine, why should I consider multivitamin supplementation?***

Food is always best to meet your nutritional needs. Many factors can influence whether or not you should supplement including:

#### Nutritional status

If you are below therapeutic recommended levels due to actual nutrient intake (insufficient calories or inadequate consumption of full spectrum of nutrients).

<https://www.trueselftotalhealth.com/product/functional-nutrition-self-assessment-consultation/>

#### Lifestyle

If you are eating fewer fresh plant based foods due their availability, affordability or accessibility (living in a so-called “food desert”).

#### Digestive Issues

It's not what you eat, but what you digest and absorb that supports your health. There are many factors that impact digestive health. Any imbalance in your digestive system can compromise your health.

### ***What are the best supplements to take?***

All supplements are not created equally. Get the best quality (organic and “clean”) that will allow for the greatest absorption and not tainted with excipients



and stabilizers (heavy metals). It's important to choose products from a company you trust and always read the labels for ingredients. I prefer multivitamins that are real whole food based; not synthetic chemicals.

### ***What multivitamin supplements do you recommend?***

I am pleased to be able to offer my clients access to Fullscript, an on-line professional grade dispensary, that has top brands that are trusted. Because I am an affiliate, my clients have access to thousands of professional-grade supplements available through the Fullscript catalog at a discount.

My favorite raw whole food based multivitamins, are Garden of Life. Here a few for your consideration that you can purchase after creating your account:

<https://us.fullscript.com/welcome/tonistclair>

Vitamin Code – Women's Multivitamin

<https://us.fullscript.com/p/stores/products/catalog/show?productID=65826>

Vitamin Code – Men's Multivitamin

<https://us.fullscript.com/p/stores/products/catalog/show?productID=85944>

Vitamin Code – Women Over 50 Multivitamin

<https://us.fullscript.com/p/stores/products/catalog/show?productID=65827>

Vitamin Code – Men Over 50 Multivitamin

<https://us.fullscript.com/p/stores/products/catalog/show?productID=65829>

Contact me if you have any questions!

### **ABOUT ME**

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*I am the the proud owner and CEO of TrueSelf TotalHealth, assisting and guiding people who have forgotten, or perhaps have never learned, how to stay healthy and balanced. I help them regain their balance by detoxifying and strengthening their bodies, overcoming negative thoughts and behaviors, and reigniting their passion to set a strong foundation for a successful and satisfying life.*

*I have received multiple but interrelated certifications as a live food chef and plant-based nutrition educator. I am also a certified functional nutrition coach and educator, digestive health coach, and insulin resistance coach. I am a sought after inspirational speaker and presenter for health and wellness conferences, on-line health summits, and have appeared on [Good Morning Washington](#) as an expert chef and plant based nutrition educator.*

*To your health and happiness,*

*Toni St. Clair-Fish*

