

# Dietary Supplements

Are they worth it?

# How a Registered Dietitian Might

## Assess Need for Supplemental Nutrition

- Consider metabolic or health conditions on
- Request labs from primary care, der, evaluate results and supplement where deficient

*Common conditions that often need dietary supplements are: Calorie restriction, chronic disease, Crohn's disease, Celiac disease, chronic kidney disease, diabetes, GI disease, malabsorption, elimination diets*

A lot of in-depth analysis, on a case by case basis, goes into a dietitian's consideration of

whether it's sending a dietary supplement to a patient