



## SUPPLEMENT INFORMATION

### FULLSCRIPT ORDERING

Fullscript is an online supplement dispensary that delivers professional-grade supplements directly to your door. Katrina Bogdon can recommend supplements through Fullscript and when you log in, it's like your "online shopping cart" is already full! By ordering through Fullscript, your products are never past their expiration date, counterfeit, or stored incorrectly. Additionally, as a client of Katrina Bogdon, you'll receive 15% off your purchase and shipping is free with a purchase of \$50.00 or more. You can refill your supplements and order more as-needed without an additional emailed recommendation from Katrina Bogdon or a trip to the store. Fullscript has an excellent return policy and customer service.

Fullscript is a benefit for Our Healing Roots clients. You can access this page directly at <https://us.fullscript.com//welcome/kbogdon>, or by going to the Our Healing Roots website ([www.ourhealingroots.net](http://www.ourhealingroots.net)) and looking under the "For Clients" tab. Katrina Bogdon is happy to assist if you have any technical difficulties accessing this site.

### SHOP LOCALLY

There are a variety of supplement stores in the Springfield area that carry quality products. However, we know it can be overwhelming to find what you're looking for. Most stores, such as Price Cutter/Ruby's on Battlefield, Mama Jeans, Akin's Natural Foods, and Lucky's will have a supplements section in the store. You may find multiple brands that carry what you're looking for. Katrina Bogdon recommends the following brands:

- Teeter Creek
- Gaia Herbs
- Nature's Way
- NOW
- Garden of Life
- Jarrow
- Herb Pharm
- Nordic Naturals
- Boiron
- Hyland's Cell Salts
- Mama Jean's bulk herb section



There may be someone trained in supplements who can help you find what you're looking for. We recommend asking for help if you feel overwhelmed when shopping locally.

## **SAFETY FOR ONLINE ORDERING**

The quality of your supplements is very important. Just because something is sold on a well-known website, it doesn't mean it's safe, legal, or authentic. There are large counterfeit supplement markets online that take advantage of consumers. We want to keep you safe from ineffective products that contain no active ingredient, or worse, contain harmful ingredients. For these reasons, we recommend shopping directly with a supplement-specific website. Look for a website where they have customer service and where they can be held accountable for the quality of the products they provide. Websites that allow multiple sellers may not have the same accountability for their products. For example, we have come across reviews of supplements on these sites that didn't look right, smell right, or taste right when reviewers opened the bottle.

Our commitment is to provide you the safest, most effective options when purchasing your supplements. If you have any questions, please reach out to us.