Why Generic Supplement Doses Fail

So everybody, everybody is different. And this could be another player to why previous supplements have not worked for you. You cannot read the back of a bottle and say, well, just because you're over 12 years of age, you should take some random dose.

Have you ever really thought about that? I mean, think about this for a second. How insane does that sound? So you mean to tell me that the 12 year old girl, the 14 year-old boy, 21 year young adult, and the 75 year woman should all just take this because they're over 12 years of age?

To me, that's insanity. But with nutrition response testing, we can be very precise and specify how much of each nutrient is needed by the body. So, patient A might need four vitamin C's a day.

Patient B might one, because too much can bad for the bad, too little can for bad. With nutrition testing we get to the specific need or necessity of a vitamin, mineral or enzyme for your body,