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Functional Medicine

**TWEET GM #04**

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## **FOOD SUPPLEMENTS WORK ONLY IF YOU MISS THE NUTRIENT!**

A new study published 15th February 2017 (yesterday) confirms benefits you can expect from supplementing vitamin D to protect against acute respiratory infections. However, if we breakdown the results provided by this meta-analysis of 25 previous studies, we uncover interesting findings.

Positive impact on infection risk strongly depends on the subjects showing deficient or not deficient: that sounds logic. In fact, I want to emphasize this and state that food supplements cannot really do much for you if you are replenished regarding a specific nutrient you consider supplementing.

If anything, supplementing something that does not show low in blood or urine assessment may in fact harm you. Most nutrients become toxic in excess, except two exceptions confirming the principle (magnesium and coenzyme Q10). **Conclusion:** you need to test for that nutrient in first!