

ELEMENTS OF HEALTH

COMMONLY ASKED QUESTIONS ABOUT SUPPLEMENTS

SUPPLEMENTS

SHOULD I REORDER OR NOT?

Find the supplement on your Patient Schedule. Then look 2 columns to the left.

- "Y" means "YES" reorder.
- "N" means "NO" there is no need to reorder at this time.
- "1mos" or "2mos" means that we recommend you continue this supplement for "1 month" or "2 months". We recommend that you reorder if you run out before that time period is up.

WHERE SHOULD I STORE MY SUPPLEMENTS?

- Unless otherwise indicated, most supplements can be stored at room temperature. Avoid leaving your supplements in a hot car.
- Homeopathic drops need stored away from cell phones, microwaves and other electronic devices.

REORDERING SUPPLEMENTS

WHERE CAN I REORDER?

Log on to the Elements of Health website, and go to Store.

<https://eohinfo.com/store/>

- FS – FullScript
Click the link and log in through your email address. If you don't have an account on FullScript, call our office and we will send you your first Script.
 - Autoship* is available!
- M – Metagenics
Click the link and log in through your email address. If you don't have an account on Metagenics, call our office and we will set it up for you.
 - Autoship* is available!
- EH – Elements of Health
This supplement can only be purchased through our office. Please call ahead before picking up.

614-985-1435

*Autoship saves time and money. Once logged in, choose the frequency with which your products will be automatically shipped.

HOMEOPATHIC DROPS

HOW SHOULD I TAKE HOMEOPATHIC DROPS?

We recommend taking the drops 15-20 minutes before or after eating, drinking or brushing your teeth.

- To allow for better absorption, homeopathic drops should be taken in a mouth free of strong flavors or anything that may coat the mouth.
- You may take other supplements with water before placing the homeopathic drops in your mouth.
- If you have more than one homeopathic remedy, they can be taken at the same time. However, homeopathics should not be mixed with herbal drops.

WHAT IF THEY TASTE TOO STRONG?

You can put your homeopathic drops in a few ounces of warm water and swish that under your tongue.