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MARCH IS NATIONAL NUTRITION MONTH

TODAY'S NUTRITIONAL SUPPLEMENTS



with **GARY FELDMAN**, Nutrition Educator

Gary Feldman, nutrition educator and member of the Organic Consumers Association, will show you how to better understand ingredient labels and terms that pertain to nutritional supplements. You will learn about additives and colors that are possible allergens; fillers and binders; the meaning of GMO; pharmaceutical grades and standardized grades along with the vitally important differences between synthetic and whole food supplements. Mr. Feldman will speak about the many kinds of vitamins, minerals and other supplements, their origins and how their various forms are assimilated. He will also discuss vegetarian, kosher and organic supplements and help you to better become a savvy, well-educated supplement purchaser/consumer.

MONDAY, MARCH 19, 2012

1:30 PM

The program is free.