



Guide to
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Product Review
Organizations

Accurate Education

Nutraceuticals: Dosing and Purchasing Guidelines

When selecting a nutraceutical for purchase, look for certifications by regular Larry organizations that monitor quality of products. Be wary of supplements sold on television.

Always read the label of ingredients. The title label can be very deceptive. When purchasing omega -3 supplements remember that the specific omega-3 fatty acids desired are EPA and DHA with doses to be taken between 2000 to 3000 mg/day.

For example, the title labels of Omega -3 supplements will often identify the product as “Fish Oil 2000 mg” or “Omega-3 2000 mg” when in fact the content of EPA and DHA is grossly inadequate for the EPA and DHA content to provide the desired dosing. Confirm the EPA and DHA content.

Also, be careful to determine the serving size of a supplement. The serving size often requires more than one capsule or tablet to meet the daily recommendation. A bottle of 60 or 90 capsules may represent only a 30 day supply despite the misleading implication of 60 or 90 day supplies.

General Dosing Guidelines for Nutraceuticals

Dose Timing Recommendations:

- **On Empty Stomach:** ALA, ALC
- **Morning (with breakfast):** B-complex, NR, CoQ10, D-Ribose, Omega-3, Vitamin D3
- **Midday (with lunch):** Curcumin, Boswellia, Quercetin, Resveratrol, PEA, D-Ribose
- **Evening (with dinner):** Omega-3, Taurine, Sulforaphane, D-Ribose
- **Bedtime:** Melatonin, Magnesium, NAC

Important Reminders:

- Start supplements one at a time or in small groups over 2–4 weeks to identify any sensitivities
- Report any side effects to your healthcare provider immediately
- Allow 4–8 weeks to assess the full benefit of each supplement
- ALA and ALC are best absorbed on an empty stomach (30 minutes before meals)
- *Fat-soluble supplements should be taken with meals containing healthy fats:*

1. Curcumin
2. CoQ10
3. Omega-3
4. Vitamin D3
5. Resveratrol

Nutraceutical Quality Review Organizations

This is a list organizations that review the quality and purity of dietary supplements and nutraceuticals, assessing their reliability for ensuring product quality (e.g., absence of contaminants, accurate potency) when purchasing supplements.

This evaluation prioritizes organizations with rigorous, independent testing, focusing on certifications like USP, NSF, and ConsumerLab.com, based on industry standards, ISO accreditation, and expert consensus (e.g., Consumer Reports, Harvard Health, U.S. Pharmacist).

Consider this recommendations guide when making purchasing decisions to ensure safe, effective products for clinical use:

Most Reliable Organizations for Assessing Nutraceuticals

Top Recommendations: [USP](#), [NSF International](#), and [ConsumerLab](#) are the most reliable, consistently recommended by experts for their independent, rigorous testing [Harvard Health Publishing. (2024)].

Examples:

- *Should you take a daily multivitamin?* www.health.harvard.edu
- *Evaluating Dietary Supplement Safety* www.uspharmacist.com
- *Product Brand Assessment:* www.ConsumerLab.com

How to Assess Dietary Supplements Labels

- **USP:** Best for overall label accuracy and purity; nonprofit, FDA-recognized.
- **NSF:** Excellent for contaminant-free products and sports safety; ISO-accredited.
- **ConsumerLab.com:** Most accessible; affordable subscription, tests thousands of products.

Purchasing Guidance:

- **Prioritize USP or NSF seals** for maximum purity and safety, especially for pain management (e.g., ashwagandha, curcumin) or cognitive enhancement.
- **Use ConsumerLab ratings** for value comparisons, ensuring no contaminants (e.g., only 38% of ashwagandha products passed in 2025) [ConsumerLab.com. (2025). Ashwagandha Supplements Review. www.consumerlab.com].
- **Do Not rely on FDA**, as it doesn't routinely test OTC products [U.S. Food and Drug Administration (FDA). (2024). Dietary Supplement Health and Education Act (DSHEA). www.fda.gov].
- **Consult doctor for personalized recommendations**, especially for patients with pain, anxiety, or comorbidities.

See: [Nutraceutical Quality Review Organizations](#) on www.AccurateClinic.com