



# La Sante Nan Lavi Granmoun: KONSÉY SOU FASON POU-W PRAN VITAMIN<sup>1</sup>

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Vitamin, mineral, fèy, avèk lòt sibstans yo se vitamin. Si ou ap pran youn nan yo men kèk konsèy pou-swiv.

## Pale avèk doktè-w e famasyen-w

Pale avèk doktè-w ou famasyen-w avan ou pran nenpòt sipliman pou premyè fwa. Li va di-w:



- Konbyen pou-w pran
- Ki lè pou-w pran-l
- Ki rezilta pou-w eskonte
- Entèraksyon avèk lòt sipliman e medikaman

Di doktè-w ki senptom ou genyen lè ou fin pran sipliman-an. Pa pran sipliman lan ankò pou-w ka wè si senptom yo rete.

## Achte nan men yon moum ou konnen

Gade pou wè si pwodwi ki gen lèt *U.S. Pharmacopeia (USP)* sou li. Sa vle di pwodwi sa-a bon.

## Tcheke dat ekspirasyon-an

Chwazi pwodwi ou kapab wè dat ekspirasyon sou li klèman. Gade dat la pou ka wè si li gen anpil tan avan li ekspirè.



## Peye Atansyon!

Gen pwodwi ki makè “natirèl” o “òganik” gendefwa ki pa bon. Sa yo se reklam, gimmik ki kapab eseye fè-w panse yo pi bon. Atansyon lè ou tande yon pwodwi kapab geri ou vit. Si ou panse bagay sa pakab fè sa yo di li ka fè, li pa bon.

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