



SUPPLEMENT INFORMATION

We do not sell supplements at our office. We will refer you locally or to a place online where you can get a discount, but the choice on where and if to buy always belongs to you.

ONLINE ORDERING SERVICES

Fullscript

Fullscript is an online supplement dispensary that delivers professional-grade supplements directly to your door. Katrina Bogdon can recommend supplements through Fullscript and when you log in, it's like your "online shopping cart" is already full! By ordering through Fullscript, your products are never past their expiration date, counterfeit, or stored incorrectly. Additionally, as a client of Katrina Bogdon, you'll receive 15% off your purchase and shipping is free with a purchase of \$50.00 or more. You can refill your supplements and order more as-needed without an additional emailed recommendation from Katrina Bogdon or a trip to the store. Fullscript has an excellent return policy and customer service.

Fullscript is a benefit for Our Healing Roots clients. You can access this page directly at <https://us.fullscript.com//welcome/kbogdon>, or by going to the Our Healing Roots website (www.ourhealingroots.net) and looking under the "Resources" tab. Select "For Clients" and then the "Finding Supplements" menu. Katrina Bogdon is happy to assist if you have any technical difficulties accessing this site.

Doctors Supplement Store

Doctors Supplement Store is a company similar to Fullscript. It is located out of St. Louis, MO. If you prefer to call in your order and pay by phone or money order, this is a great choice. You might also consider looking at Doctors Supplement Store if the supplements you need are out of stock at Fullscript. To gain access, please ask Katrina for the practice code.



Thorne

Thorne also offers free shipping & a discount for my clients. If you wish to order Thorne brand supplements, please ask me for an invitation to use their system. Their supplements are also available on Fullscript.

**Please note that not only do you get a discount when purchasing from these services, but it also supports and covers overhead costs for Our Healing Roots, LLC, which helps keep your service costs more affordable.*

SHOP LOCALLY

There are a variety of supplement stores in the Springfield area that carry quality products. However, we know it can be overwhelming to find what you're looking for. Most stores, such as Price Cutter/Ruby's on Battlefield, Mama Jeans, Natural Grocers, Spring Valley Herbs, and Akin's Natural Foods will have a supplements section in the store. You may find multiple brands that carry what you're looking for. Katrina Bogdon recommends the following brands:

- Teeter Creek
- Gaia Herbs
- Nature's Way
- NOW
- Garden of Life
- Jarrow
- Herb Pharm
- Nordic Naturals
- Boiron
- Hyland's Cell Salts
- Mama Jean's bulk herb section

There may be someone trained in supplements who can help you find the product we've recommended. We recommend asking for help if you feel overwhelmed when shopping locally. If you wish to order herbs from an online retailer, we suggest Mountain Rose Herbs (<https://mountainroseherbs.com/>).

SAFETY FOR ONLINE ORDERING

The quality of your supplements is very important. Just because something is sold on a well-known website, it doesn't mean it's safe, legal, or authentic. There are large counterfeit supplement markets online that takes advantage of consumers. We want to keep you safe from ineffective products that contain no active ingredient, or worse, contain



harmful ingredients. For these reasons, we recommend shopping directly with a supplement-specific website. Look for a website where they have customer service and where they can be held accountable for the quality of the products they provide. Websites that allow multiple sellers may not have the same accountability for their products. For example, we have come across reviews of supplements on these sites that didn't look right, smell right, or taste right when reviewers opened the bottle.

Our commitment is to provide you the safest, most effective options when purchasing your supplements. If you have any questions, please reach out to us.