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Dietary Supplements as a Complement to a Healthy Lifestyle

(In line with EFSA-approved health claims)

A varied and balanced diet forms the foundation of a healthy lifestyle. However, in certain situations it may be desirable to supplement the daily diet with specific nutrients. Dietary supplements are intended to complement the normal diet and can contribute to the daily intake of vitamins and minerals.

This book provides insight into how dietary supplements can be used responsibly, **based on scientifically substantiated and EFSA-approved health claims**.

The Scientifically Substantiated Role of Vitamins and Minerals

Vitamins and minerals perform a variety of functions in the body. Only claims approved by the European Food Safety Authority (EFSA) are used in this book.

Examples of EFSA-approved claims:

Vitamin D

contributes to the normal functioning of the immune system
contributes to the maintenance of normal bones and muscles

Vitamin C

contributes to the normal functioning of the immune system
contributes to the reduction of tiredness and fatigue
contributes to the protection of cells from oxidative stress

Magnesium

contributes to normal muscle function
contributes to normal functioning of the nervous system
contributes to the reduction of tiredness and fatigue

Vitamin B12

contributes to normal energy-yielding metabolism
contributes to normal psychological function

These claims illustrate how specific nutrients play a role in normal bodily functions, without suggesting any medical or therapeutic effects.

When Dietary Supplements May Be Relevant

Nutrient needs vary from person to person and may depend on factors such as:

- age and stage of life
- dietary pattern
- lifestyle and daily routines
- individual choices and preferences

This book emphasizes that dietary supplements are **not a replacement for a healthy diet, but can serve as a practical complement** when the intake of certain nutrients requires attention.

Dietary Supplements as a Complement to a Healthy Lifestyle

(In line with EFSA-approved health claims)

Key Factors for Responsible Supplement Use

- 1. Scientifically Substantiated Formulation**
Use of ingredients with EFSA-approved claims.
- 2. Clear Dosage**
Within legally permitted amounts.
- 3. Transparency and Quality**
Clear information about composition and origin.
- 4. Conscious Choices**
Aligned with personal needs and lifestyle.
- 5. Education Rather than Promises**
Focus on knowledge and understanding, not on cure or prevention.

A Reliable Guide in a Complex Market

This book is written as an informative and educational guide for anyone wishing to learn more about dietary supplements within the framework of European regulations. All information is based on generally accepted nutritional insights and approved health claims. Dietary supplements are not medicines and are not intended to prevent, treat, or cure disease. In case of doubt or health concerns, consulting a qualified professional is recommended.

HEALTHY CHOICES BEGIN WITH RELIABLE INFORMATION.

The Author



Thank you for your trust.

*May natural health inspire you
each and every day.*

Important Guidelines for Using Dietary Supplements

For best results from your supplements:

- **Store properly**
Keep in a dry, sealed place at room temperature, unless otherwise stated on the label.
- **Keep out of reach of children**
Always place supplements out of reach of young children.
- **Use responsibly**
Follow the recommended daily intake (RDI/RI) and do not exceed it.
- **Check the expiry date**
Use the product before the indicated expiration date.
- **Food comes first**
Supplements support, but do not replace, a varied and healthy diet and lifestyle.
- **Seek advice when necessary**
Consult a qualified professional during pregnancy, breastfeeding, when taking medication, or in case of health concerns.

Our information focuses on over-the-counter products and is intended for supportive purposes. Supplements are not intended for the diagnosis, treatment, or cure of diseases.

For medical questions, always consult a physician or specialist

— **your health comes first.**

More information: www.naturalconsultancy.nl

COLOPHON

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Prologue

Why health — perhaps the most valuable asset a person possesses — feels like a natural blessing to some, while remaining a lifelong puzzle filled with questions for others, is a mystery that continues to challenge us. What is certain, however, is that more and more people are discovering that they can help shape the direction of their own well-being.

Inspiring examples are emerging everywhere of individuals who have transformed their health — sometimes out of necessity, sometimes out of curiosity. Consider Dr. Herman Le Compte (1929–2008), whose bold statement, “Perhaps I will live to be a thousand years old!”, caused considerable controversy at the time. Despite grim predictions about his future, new insights and a personal approach enabled him to reach the respectable age of 79 — an achievement that challenged the established thinking of his era. Was it luck? Coincidence? Or the result of a pioneering vision?

The fact is that countless people, often without realizing it, have followed in his footsteps. From a wide range of professions, they found solutions to health problems that once seemed hopeless. For many, this personal transformation even led to an entirely new calling: therapist, practitioner, coach — driven to share their insights and support others on their journey.

New voices are also emerging within the medical world itself. Physicians from Europe and far beyond, after confronting serious and seemingly untreatable conditions in their own lives, chose a more natural and holistic approach to restore their health. Only when they themselves became patients did they discover a different path — and many remained committed to it.

Is this a trend of the future? Or are we already in the midst of it? Increasingly, people are actively seeking ways to support their health, reduce complaints, and live life to the fullest once again.

For them — and for anyone curious about what nutrition, knowledge, and nature can offer — this overview has been compiled: an invitation to explore the possibilities dietary supplements offer today.

Thousands of people already experience the benefits of carefully selected supplements every day. Why shouldn't you be one of them?

For personal advice on composition, dosage, or use, physicians, therapists, pharmacists, and licensed health retailers stand ready — reliable partners in your journey toward greater vitality and well-being.