

Advanced Dietary Supplements Advisor™

Advisory and Client-Focused Certification

Certification Curriculum



Summary Course Overview

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Dietary Supplements Advisor

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10	Side effects, health improvements and reassessment

Dietary Supplements Advisor

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Dietary Supplements Advisor

Unit	Content
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BONUS 28	Dietary supplements for over 40 health conditions
BONUS 29	Skin supplements and topical creams
BONUS 30	Immune-boosting herbs and supplements: A to Z Guide

The basics of dietary supplements

Unit	Here's what you'll learn	Client materials and handouts
1.1 Introduction to Dietary Supplements 1.2 The Fundamentals of Good Nutrition	<ul style="list-style-type: none">▪ What a dietary supplement is and what it is not▪ What supplements are used for▪ The regulatory framework in the EU▪ Why a medical prescription isn't necessary if they comply with the legislation▪ Why the vitality and good health of your client depends on good nutrition▪ What the 50 essential nutrients that your client needs are and their categorisation▪ The role of essential nutrients in food breakdown and energy utilisation▪ The origin of nutritional deficiencies in your client's diet▪ When diet alone isn't the solution to health	<ul style="list-style-type: none">▪ Client Diet Assessment™▪ Client Diet Score and Recommendations▪ The 50 Essential Nutrients Table

The basics of dietary supplements (cont.)

Unit	Here's what you'll learn	Client materials and handouts
<p>1.3 Nutritional Deficiencies and Toxic Load Client Assessment</p>	<ul style="list-style-type: none">▪ How to assess your client's diet and make recommendations▪ The golden rules for a healthy diet▪ Why being overfed doesn't mean that your client is well nourished▪ The concept of anti-nutrients and how they affect your client's health▪ How to analyse your client's toxic overload▪ Why your role as Dietary Supplements Advisor is key▪ How to make up for certain nutritional deficits through supplements▪ What suggestions you can make to your client to decrease his or her toxic load	<ul style="list-style-type: none">▪ Client Toxic Load Assessment with Results▪ The Golden Rules for a Healthy Diet (session handout)

Building a supplement programme for your client

Unit	Here's what you'll learn	Client materials and handouts
2.1 Building your client's supplement programme (part 1)	<ul style="list-style-type: none">▪ The first steps to start building your client's supplement programme▪ How to identify signs and symptoms associated with specific nutrient deficiencies▪ What precise questions you need to ask your client to work out the ideal intake of each nutrient in a supplement form▪ Step-by-step instructions on how to qualify the exact intake requirements for over 20 nutrients – including vitamins, minerals and essential fatty acids▪ How to interpret the results of your client's symptom analysis	<ul style="list-style-type: none">▪ Symptom Analysis Questionnaire▪ Symptoms Score Chart▪ Wellness Analysis Questionnaire with instructions (contains all 8 fundamental evaluations)

Building a supplement programme for your client (cont. 1)

Unit	Here's what you'll learn	Client materials and handouts
2.2 Building your client's supplement programme (part 2)	<ul style="list-style-type: none">▪ How to dig deeper into your client's health and recognise additional indicators of nutrient deficiencies▪ The 8 fundamental evaluations you need to carry out for a complete supplementary profiling▪ Step-by-step instructions on how to conduct each of the 8 fundamental evaluations▪ Guide on how to interpret the results of each evaluation▪ The methodology to calculate the daily dosage intake for each required nutrient in supplement form▪ How to build your client's Supplement Plan with personalised recommendations	<ul style="list-style-type: none">▪ Supplementary Programme Card with instructions (with nutrient recommendations for each score)▪ Supplement Plan Sheet with instructions (personalised dosage plan for your client to take home)

Building a supplement programme for your client (cont. 2)

Unit	Here's what you'll learn	Client materials and handouts
2.3 Supplements for Children	<ul style="list-style-type: none">▪ Understand a child's nutritional needs for growth and development▪ What supplement forms are the most appropriate for children▪ The role of essential fatty acids in a child's brain development▪ The step-by-step method on how to adjust doses for children▪ Legal considerations plus a medical disclaimer to use with clients	<ul style="list-style-type: none">▪ Supplemental Guideline for Children (table with children's supplemental guidelines of vitamins, minerals and essential fatty acids)▪ Abbreviations and Measures guide

Advanced dietary supplements

Unit	Here's what you'll learn	Client materials and handouts
3.1 Understanding labels	<ul style="list-style-type: none">▪ How to look for a simple multivitamin preparation that meets basic requirements▪ How to choose the best product from a variety of options▪ What to look for in a good supplement▪ How to read a supplement label▪ The chemical names of vitamins and quantities▪ How to identify elemental minerals▪ How to recognise common fillers, binders, lubricants and coatings▪ When to look for “free from” products▪ How to detect misleading labels and signs of fraud▪ What the ideal formulas for your client are	<ul style="list-style-type: none">▪ Supplement Types Worksheet

Advanced dietary supplements (cont. 1)

Unit	Here's what you'll learn	Client materials and handouts
3.2 The building blocks of a supplement programme	<ul style="list-style-type: none">▪ How to qualify your client's nutrient needs and translate them into a practical supplement programme▪ When and how your client should take supplements	<ul style="list-style-type: none">▪ 11 strategies on how to take supplements (downloadable client hand-out)
3.3 How to fine-tune a supplement programme	<ul style="list-style-type: none">▪ Understand whether there are side effects▪ When to expect health improvements▪ How often you should reassess your client's supplementary plan▪ How to create a simple supplement programme▪ How to fine-tune it to meet your client's nutrient needs▪ When it is best to take supplements▪ Why irregular supplementation doesn't work	<ul style="list-style-type: none">▪ Using the Daily Supplement Checklist (downloadable client hand-out)

Advanced dietary supplements (cont. 2)

Unit	Here's what you'll learn	Client materials and handouts
<p>3.4 Side effects, health improvements and reassessment</p>	<ul style="list-style-type: none">▪ Learn the tactics that can help your client stick to the supplement-taking habit▪ What questions about supplement-taking you should ask your client in your next follow-up consultation▪ Understand whether there are side effects▪ What to do if your client experiences some discomfort▪ When to expect health improvements▪ When you should re-evaluate your client's supplement plan, and how often▪ How to plan for a Programme Reassessment Session▪ How to track your client's progress	<ul style="list-style-type: none">▪ Programme Reassessment Worksheet

The best, worst and how they interact

Unit	Here's what you'll learn	Client materials and handouts
<p>4.1 Strategies to identify the best supplements</p> <p>4.2 More about absorption and bad combinations</p>	<ul style="list-style-type: none">▪ What to consider when choosing supplements▪ Whether natural rather than synthetic ingredients are better▪ How to decide whether to go for tablets or capsules▪ The best form of vitamins and minerals▪ When is best to take them▪ What helps absorption▪ What hinders absorption▪ Which forms of minerals are better absorbed▪ The pros and cons of “timed-release” or “sustained release” formulas – and when these can be more beneficial▪ Whether vitamins and minerals work better in food forms or not	<ul style="list-style-type: none">▪ Water-soluble Nutrients Absorption Strategies Table (best form, when, what helps absorption, what hinders absorption)

The best, worst and how they interact (cont.)

Unit	Here's what you'll learn	Client materials and handouts
4.2 More about absorption and bad combinations (continued)	<ul style="list-style-type: none">▪ Supplements and food: Learn to recognise good and bad combinations▪ What drugs interfere with the action of supplementary nutrients▪ What combinations are dangerous▪ Dos and don'ts of supplement taking	<ul style="list-style-type: none">▪ Fat-soluble Vitamins Absorption Strategies Table
4.3 Supplement interactions with drugs	<ul style="list-style-type: none">▪ When to warn your client of potential complications▪ Understand the common problems with vitamin supplements and how to avoid them▪ How to identify bad mineral combinations and what to choose instead▪ How to assess the quality of a supplement's manufacture	<ul style="list-style-type: none">▪ Minerals Absorption Strategies Table

Toxicity and safety of vitamins and minerals

Unit	Here's what you'll learn	Client materials and handouts
5.1 Safe versus toxic levels of vitamins and minerals	<ul style="list-style-type: none">▪ Understand how safe supplements are – or not▪ Common concerns when taking higher levels of vitamins and minerals▪ How to identify the safety levels in vitamins by age, sex, health and other factors	
5.2 Safety and toxicity of vitamins	<ul style="list-style-type: none">▪ Scientific research on toxic levels and safety margins of vitamins▪ Comprehensive guide of levels that induce toxicity and individual analyses	
5.3 Safety and toxicity of minerals	<ul style="list-style-type: none">▪ Scientific research on toxic levels and safety margins of minerals▪ Comprehensive guide of levels that induce toxicity and individual analyses	

Supplements and healing

Unit	Here's what you'll learn	Client materials and handouts
6.1 Supplements and Healing	<ul style="list-style-type: none">▪ Healing through nutrition: Considerations about health conditions, supplements and dosage▪ 6 tips for creating a supplementary programme that works▪ The importance of medical advice▪ When and how to refer a client to a doctor▪ The 13 signs of an antioxidant deficiency▪ The role of antioxidants in disease prevention▪ The biochemistry of antioxidants	<ul style="list-style-type: none">▪ Client Health Check Questionnaire (includes over 40 health conditions)▪ Medical Referral Form (includes client consent to follow a supplement programme)

Supplements and healing (cont. 1)

Unit	Here's what you'll learn	Client materials and handouts
6.2 The Power of Antioxidants	<ul style="list-style-type: none">▪ How antioxidants counteract the effects of free radicals and slow down the ageing effect▪ Exactly which nutrients are considered antioxidants▪ The breakthrough scientific research studies on antioxidants▪ Why taking an antioxidant in isolation could be dangerous▪ The best formula for antioxidant combination▪ Betacarotene and smokers: Possible dangers and what to do about it▪ Is betacarotene a “bad” vitamin?	<ul style="list-style-type: none">▪ Top 15 Foods With Antioxidant Power and their ORAC points▪ 3-part Client Antioxidant Assessment (Ailment, Toxicity, Dietary)▪ Antioxidant Assessment Scores (with individual recommendations)

Supplements and healing (cont. 2)

Unit	Here's what you'll learn	Client materials and handouts
<p>6.3 Evaluating your client's antioxidant capacity</p>	<ul style="list-style-type: none">▪ The best antioxidants foods▪ Understanding the Oxygen Radical Absorbance Capacity testing▪ The importance of testing your client's antioxidant potential▪ The 3 key evaluations you should carry out to assess your client's antioxidant capacity▪ The advantage of antioxidant supplements▪ What compounds should a good antioxidant formula contain▪ The benefits of lipoic acid and co-enzyme Q10 (CoQ10)▪ The top 5 strategies to boost your client's antioxidant protection	<ul style="list-style-type: none">▪ Recommended Antioxidant Supplementation table (includes daily values; session handout)▪ Top 5 Strategies to Boost Antioxidant Protection (session handout)

Phytochemicals, enzymes, probiotics and fibre

Unit	Here's what you'll learn	Client materials and handouts
<p>7.1 Phytochemical supplements: A to Z</p> <p>7.2 Enzymes – The Digestive Aids</p>	<ul style="list-style-type: none"> ▪ The role of phytochemicals, “nature’s pharmacy,” in the body’s biochemistry ▪ Why digestive enzymes are fundamental for good health ▪ How enzyme deficiency could cause food intolerances ▪ Types of enzymes in supplements ▪ Best food sources and supplements for enzymes ▪ Why probiotics are “nature’s antibiotics.” Gut microbiome and the role of probiotic supplements ▪ When you should recommend probiotic supplements to your client 	<ul style="list-style-type: none"> ▪ The Top 30 Phytochemicals with proven health benefits (downloadable handout) ▪ Phytochemicals A to Z Guide: chemical names, natural food sources, scientific research, effects on health and best supplements

Phytochemicals, enzymes, probiotics and fibre (cont. 1)

Unit	Here's what you'll learn	Client materials and handouts
7.3 Probiotics – Nature's Antibiotics	<ul style="list-style-type: none">▪ The role prebiotics (fructo-oligosaccharides) and supplementation▪ Why yogurt may not be as effective as probiotic supplements▪ What the best probiotic supplements should contain▪ How to stop stomach acid killing off bacteria: 5 tips to help probiotic supplements reach the gut▪ How probiotic supplements are made so we don't need to keep them in the fridge▪ How and when your client should take probiotic supplements▪ What additional recommendations you should make to your client	<ul style="list-style-type: none">▪ The 9 proven benefits of probiotics (downloadable table; session handout)

Phytochemicals, enzymes, probiotics and fibre (cont. 2)

Unit	Here's what you'll learn	Client materials and handouts
7.4 Fibre benefits and its role in weight control	<ul style="list-style-type: none">▪ Why fibre is one of the best weight control strategies▪ Differences between soluble and insoluble fibre – and their benefits▪ How you can evaluate which type of fibre is the best one for your client▪ Exactly how much fibre your client should take▪ What are the food sources and supplements for each type of fibre▪ Common forms of fibre supplements▪ Potential side effects of fibre supplements – and precisely how to prevent them	

A-Z Fact Sheets and Advanced Supplement Research

Unit	Here's what you'll learn	Client materials and handouts
<p>8.1 Vitamins, Minerals, Essential Oils and Other Antioxidants</p>	<ul style="list-style-type: none">▪ In this 4-part guide we analyse the benefits and common uses of each key nutrient – vitamins, minerals, essential oils and other antioxidants▪ Instructions on exactly how to use the A to Z fact sheets▪ Supplements A to Z fact sheets, including:<ul style="list-style-type: none">○ Complete analysis, nutrient by nutrient○ Health benefits and effectiveness○ Typical symptoms of deficiency○ Recommended Daily Amounts (RDAs) versus ideal daily amounts for each nutrient	<ul style="list-style-type: none">▪ Supplements: A to Z Fact Sheets

A-Z Fact Sheets and Advanced Supplement Research (cont. 1)

Unit	Here's what you'll learn	Client materials and handouts
<p>8.1 Vitamins, Minerals, Essential Oils and Other Antioxidants (continued)</p>	<ul style="list-style-type: none">▪ (Continued) Supplements A to Z fact sheets:<ul style="list-style-type: none">○ How much your client should take in from food and how much from supplements○ Toxicity levels and adverse effects○ Top foods containing each nutrient and how much of it your client will be getting from a serving○ Top supplements for good absorption○ Promoters and adversaries for assimilation and utilisation	<ul style="list-style-type: none">▪ Supplements: A to Z Fact Sheets

A-Z Fact Sheets and Advanced Supplement Research (cont. 2)

Unit	Here's what you'll learn	Client materials and handouts
8.2 Conducting an Advanced Supplement Research for Client Recommendations	<ul style="list-style-type: none">▪ How to qualify and evaluate advanced supplements▪ Do's and Don'ts▪ Why conducting an in-depth research before recommending it is key▪ Step-by-step method on how to find, analyse and put forward advanced supplements (with complete confidence)▪ Top 12 research resources where you can find the best and most reliable information about supplements	<ul style="list-style-type: none">▪ Step-by-step Supplement Analysis▪ Top 12 Supplement Research Resources

Professional, legal, insurance and tax considerations

Unit	Here's what you'll learn	Client materials and handouts
<p>9.1 Dos and don'ts in your role as Dietary Supplements Advisor</p> <p>9.2 Legal, Insurance and Tax Considerations</p>	<ul style="list-style-type: none"> ▪ The importance of acting responsibly and ethically with your clients. ▪ Your role as a Dietary Supplements Advisor: What you can do, what you cannot do, and what you must do. ▪ Setting up your practice as a Dietary Supplements Advisor ▪ The 4 most important steps you need to follow ▪ What types of insurance cover you need to get ▪ Registering as self-employed ▪ How to prepare for your initial client consultation ▪ Observing client confidentiality and Data Protection 	<ul style="list-style-type: none"> ▪ Client Consent Form ▪ Self-employed Registration Form

Supplements for health conditions, skin issues, immunity

Unit	Here's what you'll learn	Client materials and handouts
<p>10.1 Dietary supplements for over 40 health conditions</p>	<ul style="list-style-type: none"> ▪ Dietary Supplements for over 40 health conditions: <ul style="list-style-type: none"> ○ From obesity, to allergies, indigestion, IBS, chronic fatigue, insomnia, PMS, headaches, sinus, cold sores, and hair loss 	
<p>10.2 Skin supplements and topical creams</p>	<ul style="list-style-type: none"> ○ Healing through nutrition ○ Comprehensive guide ○ Diet tips ○ Best supplements for each condition 	
<p>10.3 Immune-boosting herbs and supplements: A to Z Guide</p>	<ul style="list-style-type: none"> ▪ Best Supplements and Creams for 10 Common Skin Problems <ul style="list-style-type: none"> ○ Is collagen effective ○ What are the best creams? ○ Skin conditions, supplements and diet tips ▪ A-Z Immune Boosting Herbs and Supplements 	

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