Dietary Supplements – small investment today, big return tomorrow

Evidence demonstrates that the use of certain dietary supplements by specific populations can reduce the direct and indirect medical costs associated with several common conditions as shown in these topline findings. Learn more: **SupplementstoSavings.org**

Science-backed supplement intervention Supplementing at preventive intake levels has been shown to reduce the occurrence of medical events related to these diseases in high risk populations.	CORONARY ARTERY DISEASE (CAD) Omega-3, Magnesium, Dietary Fiber, Vitamin K2	OSTEOPOROTIC FRACTURES Calcium & Vitamin D	AGE-RELATED MACULAR DEGENERATION Lutein & Zeaxanthin	COGNITIVE DECLINE Vitamins B6, B9, B12	IRRITABLE BOWEL SYNDROME Probiotics	CHILDHOOD COGNITIVE DEVELOPMENT DISORDERS Choline
Event rate % of targeted population that will experience a medical event per year. Source: Centers for Disease Control and Prevention	13.1%	26.1%	3%	12.5%	5%	17.8%
Relative risk reduction The risk of having a medical event reduced by taking these supplements.	4.2% TO 15.7%	14%	Improvement in the target population's visual acuity 4.4%	9.5%	Reduction in hours of missed work	Improvement in childhood cognitive performance given expectant maternal choline
CUMULATIVE 2	022-2030					
Avoidable medical events If the entire target population supplements at preventive intake levels.	731,125 - 2.71 million	3.25 million	195,458	2.44 million	3.70 billion hours missed work	514,151
Net savings	\$13.3-85.3 billion	\$179.32 billion	\$959.2 million	\$109.93 billion	\$110.22 billion	\$1.08 billion
Savings yet to be realized With full supplementation among target popluation.	\$12.66 - 83.84 billion	\$155.41 billion	\$942.7 million	\$97.64 billion	\$94.83 billion	\$1.07 billion

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