



## Smell n' Score FAQ's

### What are Smell n' Score Supplements?

Smell n' Score supplements are packaged and presented individually (not multis) and prepared without any additives, flavors or scents that could interfere with determining nutrient smell preferences. See the complete list of Smell n' Score supplements on our website: [www.senseablesupplements.com](http://www.senseablesupplements.com).

### What can I learn from smell testing my supplements?

Supplements that smell Good to Mild (scores 1-4) indicate the body is saying "yes, take it" for those nutrients. Those that smell So-So to 'No Thanks' (scores 5-7) indicate the body is saying "no, don't take it" for those nutrients.

### I'm having trouble deciding on a score – what do I do?

Take several sniffs to decide. Use the **SENSEable Supplement Scorecard** to help.

### What is the optimal score?

Your target should be scores in the 4 –5 range. Your scores will change. This is normal as your body's needs change due to diet, activity, stress and biochemical changes.

### How should I take the supplements I score 1-4?

If your score is 1 or 2 – take two tablets. If your score is 3-4 – take one tablet.

### When should I Smell n' Score my supplements?

Vitamins and minerals are supplements to food. Smell n' Score your supplements after a meal for best results. A good idea is to Smell n' Score after dinner to see if you've met your needs for the day.

### Is there a simple score system for my children?

Many children can use the standard scorecard. However a simpler version would be:

**Good**

*Take*

**No Smell**

*Take*

**Mild/OK**

*Take*

**Bad**

*Don't Take*

### How often should I Smell n' Score?

For optimal results, test each time before taking! If you have low scores- 1's or 2's- you can test and take your supplements up to three times a day. **SMELL FIRST---**then decide!

### Do I need to record my scores?

If you like, record your scores using the **SENSEable Supplement Tracker**. Re-score and update to track changes and your progress.

### Can I stop testing a supplement that always smells bad?

Don't assume. Smell scores will change depending on your diet, health, stress and biochemical changes.

### Will a niacin supplement cause a hot flash?

Niacin can create a 'flush' causing you to feel hot and uncomfortable. If you tend to get the flush, split the tablet in half or smaller & take in smaller amounts. Try drinking a glass of milk to ease the symptoms.

SMELL SCORE	
ADD	1 good
	2 pleasant
	3 no smell
	4 mild
DON'T ADD	5 so-so
	6 unpleasant
	7 no thanks



More information? Need to order?  
Visit [senseablesupplements.com](http://senseablesupplements.com) or call 509-927-8004