



SMELL n' SCORE SUPPLEMENTS

Smell n' Score supplements are vitamin or mineral tablets or capsules that are formulated without any additives, flavors or scents so you can use your sense of smell to take only the supplements your body is asking for!

SENSEable Supplements offers 20 Smell n' Score supplements. If you have just one or all 20, follow the steps below to determine which **Smell n' Score** supplements to take.

If you have all 20 Smell n' Score Supplements, refer to the Supplement Tracker for the recommended order to smell test the supplements.

SMELL n' SCORE STEPS

Take a sniff! Open the bottle and put your nose really close to the bottle. Take several gentle sniffs until you can rate your smell score:

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

*The score may change as you 'get used to it' and that's OK.
Your nose will settle in on about the third sniff for an accurate score.*

Option: record your scores on the 'Supplement Tracker.'

Take?

Take any supplement you score 1 through 4

Do not take a supplement you score 5, 6 or 7

You may take 2 tablets if you have scores of 1 or 2.

What can I learn from Smell n' Score 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.

*Your nutrient needs change from day to day.
For optimal results, Smell n' Score every time you supplement.*



More information? Need to order?
Visit senseablesupplements.com or call 509-927-8004



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.

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 guide your response.

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	No Smell	Mild/OK	Bad
<i>Take</i>	<i>Take</i>	<i>Take</i>	<i>Don't Take</i>

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?

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



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