



## Smell n' Score Electrolyte Buffers

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.

The **Smell n' Score Electrolyte Buffers** provide four pH buffers that can impact nutrient absorption, digestion, blood pressure and muscle tone. Clients report improvements in muscle cramping and tension, digestive distress, constipation and blood pressure. The buffers include two alkaline (base) minerals – calcium and magnesium and two acid compounds - betaine hydrochloride and ammonium chloride.

### SMELL n' SCORE STEPS

#### Smell n' Score in this order:

Calcium, Betaine Hydrochloride, Magnesium, Ammonium Chloride

**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 SENSEable Supplements 'Wellness Profile' or '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](http://senseablesupplements.com) or call 509-927-8004



## Smell n' Score FAQ's

### Which supplements are Smell n' Score testable?

Smell n' Score supplements need to be packaged and presented individually (not multis) and prepared without any additives, flavors or scents that could interfere with smell responses. 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 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?

Most children can use the standard score system. However a simpler version would be:

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

### 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 or Wellness Profile** if you want to track your changes. Re-score and update to track 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.



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