

WHY YOUR SUPPLEMENTS MIGHT NOT BE WORKING (AND WHAT TO DO ABOUT IT)

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ASK DR. HIBA

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Supplements have become a staple in many people's wellness routines. A multivitamin in the morning, a probiotic with lunch, magnesium at night—plus a few powders, tinctures, or capsules picked up from a podcast or Instagram post. It's well-intentioned. It's consistent. And yet, so often, it's not enough.

As a physician specializing in functional and integrative medicine, I meet patients every day who have done their homework. They've invested time, money, and energy into supporting their health through supplements—yet still feel bloated, fatigued, foggy, or anxious. They're often wondering:

"Why am I doing everything right... but still not feeling better?"

The answer lies in a critical truth we often overlook:

Supplements are not magic. They're tools. And tools only work when they match the job—and the person.

The Most Common Supplement Pitfalls

When I look at a patient's supplement list during our first visit,



I often see a combination of:

- Products recommended by friends, influencers, or blog articles
- High doses of trendy ingredients like ashwagandha, zinc, or activated charcoal
- Multis and probiotics taken "just in case"
- Multiple formulas doing the same thing—or worse, interfering with one another

Even when the individual ingredients are high quality, this kind of stacked, self-directed approach is rarely effective. Why?

Because without understanding how your gut is functioning—or which nutrients you actually need—you may be giving your body too much of the wrong thing, and not enough of the right thing.

Your Gut: The Real Gatekeeper

Here's something that's often overlooked in mainstream wellness advice: If your gut is inflamed or imbalanced, you may not be absorbing nutrients properly—no matter how many supplements you take.

Conditions like:

- Low stomach acid
- Leaky gut (intestinal permeability)
- Enzyme deficiencies
- Dysbiosis (microbial imbalance)
- can all impair absorption of vitamins and minerals.

In these cases, the issue isn't the supplement—it's the environment it's entering. That's why gut health is foundational. It determines how well your body receives, processes, and utilizes what you feed it.

Personalization Over Popularity

There's no one-size-fits-all approach to supplementation.

What worked wonders for your neighbor or favorite wellness expert might be ineffective—or even problematic—for you. Your body has its own biochemistry, immune responses, gut microbiome, and medication history. All of these factors influence how you metabolize nutrients and respond to supplements.

That's why, in my practice, we don't guess. We assess.

Using functional lab testing, we can identify:

- Nutrient deficiencies at the cellular level
- Gut imbalances or hidden infections
- Food sensitivities that may be contributing to inflammation

- How well your body is breaking down and absorbing what you consume

Only then can we build a supplement plan that's truly supportive—and not just a shot in the dark.

From Overwhelmed to Empowered

If you've ever looked at your supplement routine and wondered, "Is this even working?"—you're not alone.

You don't need more products.

You need better information.

And from that, a smarter, more targeted approach.

Health isn't just about following trends—it's about tuning into what your body is telling you, and responding with clarity, care, and strategy.

Because it's not about doing more.

It's about doing what actually works—for you.



**To Your Health,
Hiba Georges, MD**