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HEALTH & WELLNESS



### Talking with Tramaïne

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**August 21st 2019: Things You Should Know  
About Taking Supplements**

We see the “results” of it in the fitness magazines, we even hear people talking about some form of it in the gym. Protein, creatine, Amino acids, energy drinks, vitamins and the like. Supplements! All of the aforementioned are supplements. We’ve heard a lot of good things about them, but what about the side effects. In today’s show we aim to put you on the path to learning what you should know about taking supplements. We will be speaking with Shauntell Sheriff, an Advocare Independent Rep, to get more valuable information about these products. You don’t want to miss this show.

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### Featured Guest

Guest Image

#### Shauntell Sheriff

Shauntell Sheriff is a wife and mother of 2 teenage daughters, residing in Waxhaw, NC. Shauntell welcomes and embraces fun, quality time with her family including volunteering at kid’s schools, in the local community, international missions, and serving as a co-lead with her husband for the Married Couples Ministry at Nations Ford Community Church.

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