



Advanced Dietary Supplements Advisor

This Professional Diploma has been awarded to

Aline Pasqualetto

For successfully completing the required training
Officially endorsed by YMCA Awards

Summary Training Activity (60 CPD hours)

- Perform symptom assessments, evaluate nutrient deficiencies, analyse antioxidant capacity, and provide dietary and supplemental advice
- Provide test results with personalised recommendations and adjust doses for exercisers, children, teenagers, pregnant women, and people over 50
- Calculate exact dosing for each nutrient and how to obtain these from either whole foods and/or supplements
- Interpret supplement labels, including chemical names and ingredients used as fillers, binders, lubricants, and coatings
- Identify the best supplements to recommend, how they interact, and exactly how and when to take them
- Evaluate toxicity, safety, and side effects of vitamins and minerals and requirement for phytochemicals, enzymes, probiotics, and fibre



Wednesday, 27 August 2025

Date of issue

Director