

Tips for Easy Access to Your Oral Nutritional Supplements

To help you remember to take your oral nutritional supplements Resource®, it's important to **keep them visible and easy to access**. The way you store them can make a big difference in helping you remember.

Try these simple ideas:

Keep Them Visible:

Place your **Resource®** in a brightly colored basket on the kitchen counter or in another visible spot. Avoid storing them in cupboards or drawers where they're easy to forget.



Create a Nutrition Corner:

Set up a small area in your home dedicated to nutrition. Use a tray for your **Resource®** bottles, cups or sachets and keep your "**Resource® Calendar Checkmark**" nearby to track your daily intake. Adding a favorite placemat or decoration can make the space more inviting.



Visual Cues:

Adding a favorite placemat or decoration can make the space more inviting.



By keeping your supplements easy to see and access, you can build a consistent routine that reduces forgetfulness and helps you stay on track with your health goals.