



## Individual Health Solutions, LLC

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Frederick, MD 21704

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[www.signaturesupplements.com](http://www.signaturesupplements.com)

Nutritional Supplements

Member since September 2009

### MANAGEMENT AND LEADERSHIP

#### Environmentally Preferable Procurement

*Our vitamin containers are made from recycled material and the cardboard boxes used to deliver our product are 100% recycled. Our manufacturing vendor supplies them to us with our vitamin formulas. We are in contact with them at each reorder to determine if more environmental friendly containers are available.*

#### Environmental Restoration or Community Environmental Projects

*The President of our company serves on the Community Relations board with Allegheny Power to promote the reduction of energy use and increased use of alternative energy.*

### WASTE

#### Solid Waste/Material Use Reduction and Reuse

*We do double-sided copying and printing of our documents to reduce paper waste. We use minimal packing materials when mailing.*

#### Recycling

*We recycle paper (50 lbs/mo.), cardboard boxes (40 lbs/mo.) boxes, plastic bottles (100lbs/mo.), and ink cartridges.*

## **ENERGY**

### **Energy Efficiency**

*Our computers are on auto shut down when not used after 15 minutes. We have also installed energy saving fluorescent bulbs, and use fans used instead of air conditioning. The use of the CFLs will reduce 900 kWh and 1,386 lbs of CO<sub>2</sub> over the lifetime of the bulbs. Our facility is also part of energy management system that remotely shuts down the water heater to save energy.*

## **TRANSPORTATION**

### **Employee Commute**

*Most of our employees walk to work.*

### **Efficient Business Travel**

*We make extensive use of teleconferencing to save travel time and costs.*