



Individual Health Solutions, LLC

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Frederick, MD 21704

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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 CO₂ 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.