# Deborah M. Burke-Allen

**REGISTERED PHARMACIST**

## CONTACT


**LOCATION**
Charlotte, North Carolina
Open to remote or hybrid

**PHONE**
(704) 651-8222

**EMAIL**
bridgestowellness@icloud.com


### LICENSURE

Registered Pharmacist
North Carolina
NC Board of Pharmacy
License #14013
Issued under Deborah M. Allen

## AT A GLANCE

| | |
|---|---|
| **~$360K** | annual private-label supplement line |
| **25** | private-label formulations |
| **10+ yrs** | supplement science and education |
| **25+ yrs** | pharmacy and healthcare |

## ROLE STRENGTHS

### CORE EXPERTISE

Nutritional Biochemistry
Interconnected Body Systems
Microbiome and Lab Analysis
Formula Review and COAs
Drug-Nutrient Safety

### EXECUTION AND DELIVERY

DSHEA Claim and Label Review
Adverse Event Intake
Claims Substantiation
Private-Label Product Development
Scientific Content Accuracy
Practitioner (HCP) Education
AI-Assisted, Verified Content


Deborah M. Burke-Allen, RPh | Charlotte, NC | (704) 651-8222 | bridgestowellness@icloud.com
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**SUPPLEMENT SCIENCE | LABELS AND CLAIMS | LAB INTERPRETATION**

**Functional-medicine pharmacist with 25+ years in pharmacy and healthcare.** Specializes in the interconnected body: how the gut, immune, nervous, endocrine, and metabolic systems influence one another, and how medications, nutrition, and supplements act across them. Owned an integrative practice's private-label line of 25 formulations, from formula vetting, sourcing, and Certificate of Analysis (COA) review to DSHEA structure/function claims and final label approval. Interprets functional and conventional labs together, grounded in nutritional biochemistry and drug-nutrient safety.

| HOW I MEET YOUR REQUIREMENTS | |
|---|---|
| **PRIVATE LABEL** | Led a 25-formulation line of about $360,000 a year. |
| **QUALITY AND SOURCING** | Batch COAs, stability data, lot records, source vetting. |
| **CLAIMS AND LABELING** | DSHEA claims, final label approval, and evidence grading. |
| **LAB INTERPRETATION** | Stool, organic acids, nutrigenomic, and conventional labs. |
| **DRUG-NUTRIENT SAFETY** | Checked supplement plans for drug-nutrient interactions. |
| **HCP EDUCATION** | Three MD, DO, and NP practitioner mentorship cohorts. |

# Professional Experience

## INFINITE HEALTH PLLC / HEALTHY KIDS, HAPPY MOMS

**2015 - MAY 2026 | CHARLOTTE, NC**

*Integrative Pharmacist, Clinical Education and Healthcare Strategy*
*Practice Development Lead*

- Built the practice's clinical systems and full education program for public, practitioner, and patient audiences, from blog posts to care plans.
- Integrated GI-MAP, Doctor's Data, and Genova stool analyses, organic acids, and conventional labs read against optimal ranges into one clinical picture.
- As the practice's primary evidence, formulation, and product-research lead, introduced Emerson Ecologics fulfillment, moved to in-office inventory, then led development and scaling of a private-label line of about **$360,000 a year**.
- Selected and vetted manufacturers' formulas for minimal excipients, absorbability, and purity; owned Supplement Facts, pricing, and forecasting.
- Kept lot records and reviewed batch COAs and stability data from 3 manufacturers; during a six-month probiotic backorder, identified and vetted alternate sources by specifications and COAs, including at SupplySide East.
- Relayed families' adverse event reports to manufacturers with a signal check.
- Documented a reformulated product's likely loss of efficacy; the manufacturer restored its original formula.
- Wrote the private-label aloe product page with DSHEA structure/function claims and the FDA disclaimer, plus product information sheets for Digest, Kidz Digest, Plantadophilus, Omega-3, and PPC.

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**REGISTERED PHARMACIST**

## PROFESSIONAL PHILOSOPHY

> *Health is written in biochemistry. When the body is nourished at the cellular level, its systems communicate in synergy. I translate that science into guidance people trust and choices they make every day.*

## EDUCATION AND LICENSURE

**ALBANY COLLEGE OF PHARMACY**
Bachelor of Science in Pharmacy

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**MAPS 2024**
Functional and Integrative Care

**GENETIC SNPS AND EPIGENETICS**
Seeking Health / Dr. Ben Lynch
2017 - 2018
StrateGene report presentation

## PLATFORMS AND TOOLS

Natural Medicines, UpToDate, Lexidrug, Clinical Pharmacology, PubMed, Cochrane, Zotero; Genova, Doctor's Data, Diagnostic Solutions (GI-MAP), Quest, and Labcorp portals; Hint Health, Shopify, ActiveCampaign, Canva, Elation EHR; Claude and Claude Code, ChatGPT, Perplexity, Gemini, Copilot; Microsoft Office and Google Workspace

## WORK PREFERENCES

Full-time preferred
Open to contract-to-hire

# Professional Experience

### INFINITE HEALTH (CONTINUED)

- Led weekly family roundtables and answered nutrition and supplement questions in a private Slack community and on Facebook and Instagram.
- Led three twice-monthly Integrative Pediatrics Practitioner Mentorship cohorts for MDs, DOs, and NPs on case studies, supplements, medications, and labs.

### TRANSFORMATION ENZYME CORPORATION — 2014 - 2015

*Clinical Education and Provider Support Specialist*

- Studied enzyme formulation science under Dr. DicQie Fuller; built national clinician training and explained California Proposition 65 to practitioners.

### TARGET PHARMACY — 1998 - 2013 | CHARLOTTE, NC

*Supervising Pharmacist (Pharmacy Manager), 1998 - 2000*
*Pharmacist, 2000 - 2004; District Relief Pharmacist, 2004 - 2008*
*Staff Pharmacist, 2008 - 2013*

- Opened the Stonecrest pharmacy as Pharmacy Manager and, as a certified patient-counseling trainer, taught a 6-hour CE program across Carolinas districts.
- As pharmacist in charge on manager-off shifts, directed technicians, workflow, and inventory, and cross-trained staff to absorb prescription surges.
- Counseled patients and evaluated prescriptions for safety, interactions, and appropriateness in a high-volume, highly regulated pharmacy.

### WEGMANS FOOD MARKETS — 1994 - 1997

*Pharmacy Intern*

# Selected Projects and Speaking

**Claims reviews, 2026** - Re-reviewed, to a label standard, two product sheets I wrote for the practice: 299v probiotic (of 16 claims, 7 removed, 8 rewritten, 1 kept) and omega-3 (4 removed, 6 rewritten, 3 kept), adding the FDA disclaimer to both

**Signature topic: The Interconnected Body** - How the gut, immune, nervous, endocrine, and metabolic systems influence one another, and how nutrition, medications, and supplements act across them all

**Signature topic: Pediatric Immune Resilience** - Healthy cell, healthy gut, healthy child: immune-resilience science in practice

**Personalized Lifestyle Medicine Institute** - Pediatric Immune Resilience with Drs. Bland and Lustig, 2022

**AHEC Gerontology Conference** - Integrative pharmacy education, 2019

**Evolution of Medicine / Functional Forum** - Functional medicine education, 2018

**U.S. Department of Veterans Affairs** - Pediatric Immune Resilience for clinicians

**WHAT I BRING TO YOUR TEAM**

*A decade of supplement science backed by 25+ years of pharmacist judgment: formulas vetted, claims graded against the evidence, labels approved, and science translated for practitioners and customers.*

# Deborah M. Burke-Allen, RPh

REGISTERED PHARMACIST | NC LICENSE #14013 (ISSUED UNDER DEBORAH M. ALLEN)

## Supplements, Nutrition, and Diagnostics

SCIENTIFIC CONTENT | CLAIMS AND LABELING | PRODUCT | LAB TESTING | PRACTITIONER EDUCATION

## Why Deborah Fits Supplement and Diagnostics Roles

Deborah is a functional-medicine pharmacist with 25+ years in pharmacy and healthcare. Her expertise spans the interconnected body: how the gut, immune, nervous, endocrine, and metabolic systems influence one another, and how medications, nutrition, and supplements act across them. For an integrative practice, she led development and scaling of a 25-formulation private-label line of about $360,000 a year, from formula vetting to final label approval.

| | | | |
|---|---|---|---|
| **~$360K** annual private-label line | **25** private-label formulations | **10+ YEARS** supplement science and education | **ACTIVE RPH** NC #14013, under Deborah M. Allen |

## Typical Responsibilities: How Deborah Delivers

### SCIENCE, PRODUCT, AND QUALITY

**Translate nutrition and supplement science accurately**

DIRECT EVIDENCE

Built the practice's education program, from blog posts to care plans, and in 2026 published label-standard reviews of her own product sheets.

**Formula evaluation, sourcing, and COA review**

DIRECT EVIDENCE

Vetted manufacturers' formulas for excipients, absorbability, and purity; reviewed batch COAs and stability data from 3 manufacturers.

**Product integrity advocacy**

DIRECT EVIDENCE

Changed a manufacturer's decision with evidence: after she documented an efficacy concern, the manufacturer restored the original formula.

**Claims substantiation and label compliance**

RELEVANT EXPERIENCE

Her claims work was for an integrative practice, not in an industry regulatory role: she wrote DSHEA structure/function claims and gave final label approval. Her published 2026 claims reviews match each claim to human evidence at the product's dose and form, the core of the FTC's competent and reliable scientific evidence standard. On her own probiotic sheet, she removed 7 of 16 claims, rewrote 8, and kept 1.

**Lab and biomarker interpretation**

DIRECT EVIDENCE

Integrated stool analyses (GI-MAP, Doctor's Data, Genova), organic acids, StrateGene reports, and conventional labs into one connected picture.

### EDUCATION AND COMMUNITY

**Educate practitioners and consumers on how body systems connect**

DIRECT EVIDENCE

Led three twice-monthly mentorship cohorts for MDs, DOs, and NPs and weekly family roundtables on the gut-brain connection, inflammatory foods, immune resilience, and histamine and sleep. Presented for the Personalized Lifestyle Medicine Institute and the U.S. Department of Veterans Affairs.

# Deborah M. Burke-Allen, RPh

**SUPPLEMENTS AND DIAGNOSTICS**

## Common Qualifications: Met and Exceeded

| | |
|---|---|
| **Science or health degree** | **DIRECT EVIDENCE**<br>Bachelor of Science in Pharmacy, Albany College of Pharmacy and Health Sciences, with an active North Carolina RPh license #14013, issued under Deborah M. Allen. |
| **Drug-nutrient interaction expertise** | **EXCEEDS REQUIREMENT**<br>More than 25 years in pharmacy and healthcare, including a decade screening medication and supplement plans for drug-nutrient interactions. |
| **Product safety and adverse event follow-up** | **DIRECT EVIDENCE**<br>Took families' adverse event reports, relayed each to the manufacturer, and checked whether the reaction was common or unusual. |
| **Functional and integrative training** | **DIRECT EVIDENCE**<br>MAPS 2024 Functional and Integrative Care; Seeking Health genetic SNPs and epigenetics training with Dr. Ben Lynch (2017 - 2018); enzyme formulation science under Dr. DicQie Fuller. |
| **Use of AI with accuracy safeguards** | **DIRECT EVIDENCE**<br>Directs Claude, ChatGPT, and Perplexity for research and drafting and verifies every citation against the primary paper. |

## What Deborah Brings to Your Team

- Range across the interconnected body: gut, immune, nervous, endocrine, and metabolic systems.
- Scientific accuracy that protects the brand and the customer.
- Hands-on product experience, from formula vetting and sourcing to label approval, pricing, and forecasting.
- Content that turns complex biochemistry into everyday choices.
- Credibility with practitioners as a licensed pharmacist and educator.

## Career Highlights

**Supply continuity**
identified and vetted alternate sources by specifications and COAs during a six-month probiotic backorder

**Pediatric delivery**
solved taste and flavor problems for children and wrote the practice's Supplement Mixing Guide

**Price and value**
negotiated an ingredient's price below what other offices received and resized a product to compete on price

## Experience Chronology

Infinite Health PLLC / Healthy Kids, Happy Moms (2015 - May 2026)
Transformation Enzyme Corporation (2014 - 2015) | Target Pharmacy (1998 - 2013) | Wegmans (1994 - 1997)

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