

OPERATION SUPPLEMENT SAFETY



Recently, more ingredients have been added to the [DoD Prohibited List](#), which include controlled substances and drugs (prescription, over-the-counter, and unapproved). This list complies with DoDI 6130.06.

ALERTS



FDA Alert: [5 Things to Know about Delta-8 Tetrahydrocannabinol – Delta-8 THC](#)

FEATURED RESOURCE



SARMs
(SELECTIVE ANDROGEN RECEPTOR MODULATORS)
ARE UNAPPROVED DRUGS.

THEY'RE ALSO:

- Illegally marketed and sold as dietary supplements.
- Banned in all professional and college sports.
- Unapproved by FDA for human use.
- Known to adversely affect the liver and cholesterol levels.

IS IT WORTH THE RISK TO YOUR PERFORMANCE AND READINESS?

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SARMs are not allowed as ingredients in dietary supplements. Use this postcard to learn more about SARMs and help you identify some of them in products. For a printer-friendly version, [download the PDF](#).

FEATURED ARTICLES

Saffron



Saffron is sometimes found in dietary supplement products marketed to control appetite, boost mood, aid weight loss, support eye health, and reduce stress and anxiety.

[Read More](#)

Salvia



There are over 1,000 species of salvia. Read this article to see which are prohibited by the U.S. Armed Services and which are not.

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