OPERATION SUPPLEMENT SAFETY

A DoD-Wide Educational Initiative

OPSS.org

From the Consortium for Health and Military Performance (CHAMP)
Purpose

• Increase awareness within the DoD community about potential health benefits and risks of dietary supplements
  ✓ Service members ✓ Family members
  ✓ Leaders ✓ Retirees
  ✓ DoD civilians ✓ Healthcare providers

• Provide tools to be informed supplement users
Key messages

• It’s better to use food to help you meet your goals because supplements:
  ✓ Often are unnecessary
  ✓ Are not approved by FDA before being sold
  ✓ Can contain ingredients not listed on the Supplement Facts panel, including some that are potentially dangerous
  ✓ Can be expensive
Key messages

• Only supplements with third-party certification or verification seals (below) on the label have been validated for quality
Before you take a supplement, ask yourself:

- Do I really need it?
- What do I expect it to do?
- Does it work?
- Is it safe?
- What’s in it?
- Does it contain a proprietary blend?
- Has it been third-party tested?
Get the facts!

• Explore the OPSS website for up-to-date, evidence-based information about dietary supplements and ingredients
  ✓ Check the OPSS High-Risk Supplement List to see if your product poses a health or sport anti-doping risk.
  ✓ Use the OPSS Scorecard to see if your product is okay or a “no-go.”
Get the facts!

• Check Natural Medicines to see how your product rates for safety and effectiveness
  ✓ Visit OPSS.org to get an account (subscription is free with a “.mil” email address)
  ✓ Consider using only products rated eight or above on their NMBER rating scale
Get the facts!

• Ask your healthcare provider if taking a supplement will provide any benefit (or risk)
  ✓ Some supplements can be beneficial (for example, if you have a vitamin or mineral deficiency), while other supplements provide little to no benefit
  ✓ Some supplements can interact with certain medications or health conditions
To learn more, visit OPSS.org

Resources for you:

- Articles
- FAQs
- Videos
- Apps
- Infosheets
- Presentations

- OPSS High-Risk Supplement List
- Ask the Expert feature
- Natural Medicines (free account with .mil email address)