Supplement 60: Fat Burners
Military Service Members turn to fat burners to lose weight quickly. Get the facts about fat burners (or thermogenics) in one minute.

FDA Advises Consumers Not to Purchase or Use Nitrite “Poppers”
FEATURED RESOURCE

Use this infographic to learn more about some ingredients commonly used in energy drinks or energy shots. And find out what to look for on product labels.

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FEATURED ARTICLES

Elderberry

Elderberry is typically included in dietary supplements as an extract or juice concentrate of the whole fruit, and products with elderberry are marketed primarily to support immune health—from respiratory illnesses such as the common cold and influenza to, most recently, COVID-19.

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Sulbutiamine

Sulbutiamine is created in a laboratory from thiamine (vitamin B1) and can have mild stimulant effects. It has not been approved as a drug for any use in the U.S. Instead, it is added to some dietary supplement products marketed to enhance cognitive function and improve memory, mood, and energy.

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