




CHECK YOUR DIETARY SUPPLEMENTS BECAUSE SOME CAN:

-  Change the effectiveness of your prescription and over-the-counter medications
-  Interact with prescription and over-the-counter medications to cause negative side effects, some serious and dangerous.
-  Interact with prescription medications needed before, during, or after surgery.



ASK YOUR HEALTHCARE PROVIDER BEFORE MIXING SUPPLEMENTS AND MEDICATIONS!

Are you looking for information on dietary supplements?
Operation Supplement Safety can help!



Who We Are

Operation Supplement Safety (OPSS) is the DoD's go-to program for anything related to dietary supplements.



Tool & Resources

DoD Prohibited Ingredients List

Evidence-based articles

Handouts, guides,
posters, and videos

OPSS Scorecard

Presentations
and trainings



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