NEW VIDEO

DoD Prohibited Ingredients in Dietary Supplements
Did you miss our Facebook Live discussion on DoD Prohibited Ingredients in Dietary Supplements with Military OneSource? Check it out here!

ALERT

Alert: FDA Announces Seizure of Adulterated Dietary Supplements Containing Kratom

ANNOUNCEMENT

Physical Readiness Tests are fast
approaching, and many Military Service Members might turn to dietary supplements to lose weight quickly. Here's what you need to know about weight-loss supplements.

**FEATURED RESOURCE**

OPSS looks at the latest information about the status delta-8-THC to help Military Service Members reach their health goals.

**DELTA-8-THC**

- Delta-8-tetrahydrocannabinol, or delta-8-THC, is a chemical substance found in very low levels in the plant Cannabis sativa.
- It is sometimes referred to as “dirt weed.”
- A delta-8-THC product is made in a laboratory (synthetic) from CBD.
- It is often sold in the form of vapor cartridges, tinctures (liquid form), and edibles.
- Use of a product with delta-8-THC could result in a positive drug test.
- Products containing delta-8-THC are prohibited for use by Military Service Members.

**EEO POLICY**

Hemp products, including those with CBD and delta-8-THC, are prohibited for use by Military Service Members. For more information, please read the articles about CBD and hemp on opss.org.

**FEATURED ARTICLES**

**Higenamine**

Higenamine is a dietary supplement ingredient marketed in products for weight loss, energy enhancement, and athletic performance. Products with higenamine have received reports of adverse effects and cannot be imported into the U.S.

**Phentermine**

Phentermine is an FDA-approved weight-loss prescription drug. Military regulations prohibit the routine use of prescription medications for weight loss and only approve their short-term use under very specific conditions.

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