

OPERATION SUPPLEMENT SAFETY



NEW PSA



Do you know what's in your pre-workout supplement? To make sure you aren't jeopardizing your health or military career, stay informed about dietary supplements by visiting opss.org.

ANNOUNCEMENTS



DOJ: [Federal Court Orders New York Company and its Operators to Stop Distributing Adulterated Dietary Supplements](#)



We are now on Instagram! [Follow us](#) for the latest updates about dietary supplements.

FEATURED RESOURCE

Boost your immunity from
REAL FOODS

Are you looking for more vitamins and minerals to boost your immune health? Consider these food sources!



VITAMIN C
...is a natural antioxidant and anti-viral.
...can help protect your body from disease.
Foods high in vitamin C:
Oranges
Grapefruit
Red and green peppers
Broccoli
Strawberries

MAGNESIUM
...is an important part of your body's immune response.
...helps protect cells from viral invasion.
Foods high in magnesium:
Legumes
Nuts
Seeds
Whole grains
Green leafy vegetables

MULTIVITAMINS AND MINERALS
Fill your plate with whole foods to get all the vitamins, minerals, and other nutrients you need to boost your health!

DIETARY SUPPLEMENTS
...can be useful when you can't eat a well-balanced diet.
Visit the "Nutrition and Dietary Supplements for Immunity" page on opss.org for help choosing supplements!

VITAMIN D
...can strengthen your immune system.
...can help reduce rates of respiratory infections.
Foods high in vitamin D:
Fatty fish (such as trout, salmon, and tuna)
Fortified milk
Fortified plant-based milk alternatives
Fortified breakfast cereals
Some mushrooms

ZINC
...is an essential mineral for optimum immune function.
...can help fight off invading bacteria and viruses.
Foods high in zinc:
Red meat
Poultry
Shellfish
Beans
Nuts

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NEW ARTICLES

5-HTP



5-HTP is converted by the body into serotonin, which plays a role in mood, sleep, appetite, and pain sensation. Is it safe to take as a supplement?

[Read More](#)

Ginseng



Ginseng is a plant, and its root is widely used in dietary supplements, teas, and energy drinks. Can using it boost your brain health?

[Read More](#)

