

# OPERATION SUPPLEMENT SAFETY



DYK that it's Operation Supplement Safety's 10-year anniversary? We have a lot to celebrate, but the work certainly doesn't stop here. In October, we're launching "Let's Talk Dietary Supplements," a social media campaign dedicated to spreading the word about the importance of supplement safety. We encourage our OPSS partners, Service Members, leaders, healthcare providers, and all allied health professionals to join in the discussion.

Are you interested in participating in the "Let's Talk Dietary Supplements" social media campaign? Share any one of our [outreach and educational resources](#) or email [opssnews@usuhs.edu](mailto:opssnews@usuhs.edu) for more information about specific campaign materials.

# WHAT'S TRENDING?

**KRATOM**  
WHAT YOU SHOULD KNOW

- ❌ Kratom is currently not approved for use in dietary supplements or as prescription or over-the-counter drugs.
- ❌ Kratom has been associated with serious side effects, including addiction, seizures, and liver damage.
- ❌ Kratom is on the DoD Prohibited Dietary Supplement Ingredients list.

OPERATION SUPPLEMENT SAFETY

**TRENDING**

Service Members are prohibited from using any product containing kratom. Click [here](#) for more information kratom, the safety concerns of taking it, and why it's on the DoD Prohibited Dietary Supplement Ingredients list.

# FEATURED RESOURCE

**SUPPLEMENTS AND MEDICATIONS DON'T MIX**

**REDUCE YOUR RISK**

Check with your healthcare provider before taking supplements with medications to avoid potential negative side effects.

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DYK supplements and medications don't mix? Check with your healthcare provider before taking supplements with medications to avoid potential negative side effects.

[Download this poster here](#)

# FEATURED ARTICLES

## Caffeine for performance



In moderate doses, caffeine can boost physical and mental performance. However, too much caffeine can have negative consequences, so be careful how much you consume.

[Read More](#)

## Deer antler velvet



Deer antler velvet is touted to improve athletic performance, but there is no scientific evidence to support this claim, and its safety as a dietary supplement has not been well researched.

[Read More](#)



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