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 for more information about specific campaign materials.
Service Members are prohibited from using any product containing kratom. Click here for more information on kratom, the safety concerns of taking it, and why it's on the DoD Prohibited Dietary Supplement Ingredients list.

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
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.

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.