

OPERATION SUPPLEMENT SAFETY



Thousands of dietary supplement products are on the market today with claims to support, improve, or boost the immune system. In general, dietary supplements for immune health seem to be safe. However, evidence does exist that some products might be [misbranded](#), which means that the ingredients listed on the label might not actually be contained in the product. Also, some products could contain substances not even reported on the labels.

That's why Operation Supplement Safety and the [Office of Dietary Supplements at the National Institutes of Health](#) are teamed up to investigate dietary supplement products for immune health, their ingredients, and the strength of the evidence to support their resilience-type claims so you can make informed dietary supplement decisions to keep you safe.

Stay tuned for more information on immune-health supplement ingredients, including a brand-new podcast series called, "Under the magnifying glass: Immune supplements."

WHAT'S TRENDING?



Are you looking for food sources of vitamins and minerals to boost your immune health? Use this [OPSS handout](#) to learn more.

[Learn More](#)

FEATURED ARTICLES



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Nootropics: Drugs vs Dietary Supplements for Brain Health

Nootropic products fall into two general categories: dietary supplements and drugs. They contain substances marketed to improve mental performance or functions—including memory, focus, motivation, concentration, and attention—and for overall brain health.

READ THE FULL ARTICLE AT [OPSS.ORG](https://opss.org) >

Some dietary supplements marketed as nootropics contain ingredients prohibited for use by Service Members. Read the [OPSS article](#) to learn more.

[Read More](#)



FEATURED ARTICLE

HGH (Human Growth Hormone): Is it Legal?

HGH is sold over the counter for anti-aging and other uses, but it is not approved and not proven effective for these uses. And over-the-counter products with “HGH” in their names might or might not actually contain human growth hormone, so be sure to read the label carefully.

READ THE FULL ARTICLE AT [OPSS.ORG](https://opss.org) >

HGH is on the DoD Prohibited Dietary Supplement Ingredients list. It's also banned by the World Anti-Doping Agency and most sports organizations.

[Read More](#)

ANNOUNCEMENT

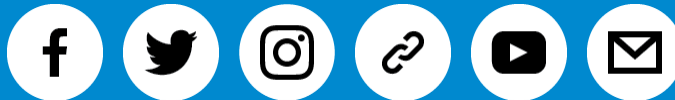


OPSS is thrilled to participate in the CHAMP #GetFightingFit social media campaign in January! Help us kick off 2023 by sharing the guide, graphics, worksheets, and resources provided in this [toolkit](#) to help Service Members meet their wellness goals for better military fitness and readiness.

[Learn More](#)

QUESTIONS?

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Got questions, comments, or suggestions for future topics or stories?

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