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."
Are you looking for food sources of vitamins and minerals to boost your immune health? Use this [OPSS handout](#) to learn more.
Some dietary supplements marketed as nootropics contain ingredients prohibited for use by Service Members. Read the [OPSS article](https://opss.org) to learn more.

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

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