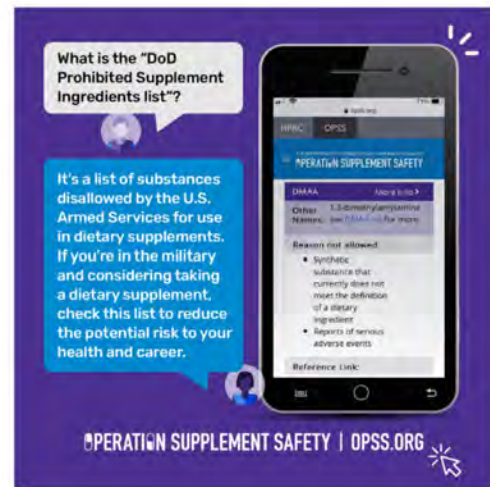


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OPERATION SUPPLEMENT SAFETY



Summer is in full swing! ☀️ This month, OPSS is encouraging you to **stay vigilant and screen your supplements for safety**. Before taking a supplement, be sure to check the [DoD Prohibited Dietary Supplement Ingredients list](#) to make sure none of the ingredients in the product you're considering are on that list.



Help us spread the word by sharing our handy [DoDI Social Media Toolkit](#) far and wide. Let's work together to ensure our friends and family members stay safe this summer—and beyond!

TRENDING

RAD-140

Is a Selective Androgen Receptor Modulator (SARM), a synthetic drug designed to have effects similar to testosterone.

- Often marketed to bodybuilders as "legal steroids" or "steroid alternatives" or for "research only."
- Appears on the DoD Prohibited Dietary Supplement Ingredients list and is unapproved by FDA for human use.

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RAD-140 is sometimes marketed to help increase muscle and strength gains or as a "legal steroid." In fact, RAD-140 is a SARM, and it's not approved for human use or as a dietary supplement ingredient. In addition, it is prohibited for use by Service Members. For more information about RAD-140 and other prohibited ingredients, visit opss.org.

FEATURED RESOURCE

TAKING DIETARY SUPPLEMENTS?

EAT REAL FOOD INSTEAD!

<p>SUPPLEMENT: PRE-WORKOUT</p> <p>FOODS THAT ENERGIZE YOU BEFORE YOUR WORKOUT!</p> <ul style="list-style-type: none"> • Hot bubble and jammy oat whole-grain bread • Lower fat Greek yogurt with fruit and water • Chocolate, banana, and water • Low-fat granola and milk 	<p>SUPPLEMENT: POST-WORKOUT</p> <p>FOODS THAT ENHANCE YOUR POST-WORKOUT RECOVERY!</p> <ul style="list-style-type: none"> • Easy-to-digest lean proteins: fish, and water • Chocolate milk (or soybean-based that) • Yogurt, fruit, granola, and water • Milk, milk, and water 	<p>SUPPLEMENT: POSTWORLDING</p> <p>FOODS THAT PROMOTE MUSCLE GROWTH!</p> <ul style="list-style-type: none"> • Lean meats • Healthy fats and oils • Fish and seafood • Milk and yogurt • Eggs • Beans and lentils • Nuts and seeds
<p>SUPPLEMENT: WHEY OR CASEIN PROTEIN</p> <p>FOODS SOURCES OF WHEY OR CASEIN:</p> <ul style="list-style-type: none"> • Milk • Cottage cheese • Healthy cheese • Yogurt 	<p>SUPPLEMENT: BRANCHED-CHAIN AMINO ACIDS</p> <p>FOODS SOURCES OF BCAAS:</p> <ul style="list-style-type: none"> • Meats • Fish and seafood • Eggs • Cottage cheese 	<p>SUPPLEMENT: WEIGHT LOSS</p> <p>FOODS THAT HELP YOU LOSE WEIGHT!</p> <ul style="list-style-type: none"> • Fruits and veggies • Natural protein (fish, quinoa, etc.) • Low-fat protein (lean ground turkey, milk, and yogurt) • Unsaturated fats (olive, avocado, low-fat milk, etc.)

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Taking dietary supplements? Eat real food instead! This handout shows what foods to eat to help you meet your Total Force Fitness goals.

[Download this as a PDF](#)

FEATURED ARTICLES

[Sulbutiamine](#)

[Nootropics](#)



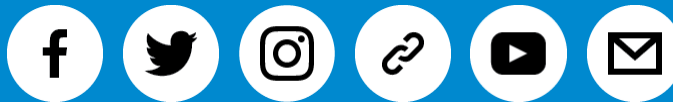
Sulbutiamine can be found in supplements marketed to enhance cognitive function, but consumers should use caution as it's on the FDA Dietary Supplement Ingredient Advisory List. It's also prohibited for use by Service Members.

[Read More](#)



Nootropics—also referred to as “smart drugs”—are substances intended to improve mental performance. Nootropic dietary supplements sometimes contain drugs or ingredients prohibited for use by Service Members.

[Read More](#)



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