

OPERATION SUPPLEMENT SAFETY



June is Heat Illness Awareness month! As the weather heats up, be careful with dietary supplements designed for pre-workout, performance enhancement, weight loss, or muscle building. Also remember, energy drinks aren't sports drinks, which are designed to hydrate workouts lasting longer than an hour.

Refer to [this handout](#) to learn more about performance-nutrition strategies to reduce the risk of heat illness and rhabdomyolysis.



UNIVERSITY OF UTAH
CHAMP
CONNECTION FOR HEALTH AND MILITARY PERFORMANCE
WARRIOR HEAT AND EXERTION-RELATED
EVENTS COLLABORATIVE

HUMAN PERFORMANCE RESOURCES by CHAMP
HPRC-online.org

OPERATION SUPPLEMENT SAFETY | OPSS.ORG

Use nutrition to reduce your risk of exertion-related events

Exertional heat illness can happen when your body overheats (**heat exhaustion/heat stroke**) or overexerts (**rhabdomyolysis**) during exercise; both of which can be life-threatening. Many factors can increase your risk of exertion-related events, but proper nutrition and hydration can help you combat heat stress and even lower your risk.

STAY HYDRATED

Thirst doesn't always indicate your fluid needs, especially during exercise, so drink fluids throughout the day and with meals and snacks.

- Fluid guidelines for Service Members are 12-18 cups per day for men and 8-12 cups per day for women. It's also important to start exercise hydrated and to replace fluids lost as sweat after exercise.
- Drink 14-22 oz of fluid 2-4 hours before exercise.
- Drink 16-32 oz of fluid every 60 minutes during exercise.
- Drink 20-24 oz of fluid after exercise for every pound lost.



INCLUDE ELECTROLYTES

Sodium and chloride are the main electrolytes lost in sweat. Sodium helps you retain fluid and drives thirst, so when exercising in the heat, choose salty foods (pretzels, pickles, tuna, or cheese) at meals and for snacks. You can also season foods with a little extra salt. If you're exercising in the heat for more than 60 minutes, try a sports drink with added electrolytes.



For every 8 fluid ounces of sports drink, be sure it contains:	
Carbs	12-24 g
Sodium	82-163 mg
Potassium	18-46 mg

DEFINED

Rhabdomyolysis is the breakdown of muscle tissue that occurs when you overexert yourself during intense, prolonged exercise. If the damage is severe, it can lead to kidney failure.

STAY FUELED

When you exercise in the heat, your body relies more on carbs for fuel. Eating regular meals and snacks that contain carbs throughout the day provides you with the energy and nutrients you need. Food also slows down the absorption of fluid, which helps you stay hydrated. Visit [hprc-online.org](#) to learn more about performance nutrition.



Be careful with dietary supplements designed for pre-workout, performance enhancement, weight loss, or muscle building. Some supplements might also contain multiple stimulants. Don't consume energy drink or energy shots immediately before, during, and after strenuous activity. Energy drinks aren't sports drinks, which are designed to fuel and hydrate you during workouts longer than an hour. Visit [OPSS.org](#) to be informed and know what you're taking.



TRENDING



TAAT cigarettes contain CBD and THC, both of which are prohibited by the military. For more information about CBD and other prohibited ingredients, visit [OPSS.ORG](https://opss.org).

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TAAT™ cigarettes contain CBD and THC both of which are prohibited by the #military. For more information about CBD and other prohibited ingredients, visit opss.org.

ALERTS



FDA Alert: [FDA News Release: FDA Launches New Dietary Supplement Education Initiative for Consumers, Educators, and Healthcare Professionals](#)

FEATURED RESOURCE

Supplement Safety: Messages For Leadership

Operation Supplement Safety (OPSS) is a DoD-wide program, based on DoDI 6130.06, designed to educate Service Members and retirees, their family members, leaders, healthcare providers, and DoD civilians about dietary supplements so they can make informed choices. Many Service Members use dietary supplements to build muscle, lose weight, increase energy, or enhance sexual performance, yet they are unaware of the potential risks and consequences.

KEY MESSAGES

- FDA does not evaluate dietary supplements for safety, quality, or effectiveness before they enter the market.
- Dietary supplements are intended to supplement the diet. They are not substitutes for a healthy, balanced eating plan.
- According to DoDI 6130.06, Service Members are not allowed to use dietary supplements with prohibited ingredients.
- If Service Members choose to use a dietary supplement, they should look for products that carry a third-party seal (examples):
- Third-party certification does not guarantee a dietary supplement is safe or effective, but it will reduce the risk of consuming a potentially unsafe ingredient or a product with a prohibited ingredient, or of testing positive on a DoD drug test.
- Dietary supplements could contain ingredients not listed on the Supplement Facts label.

LEADERSHIP'S ROLE

- Help spread the Key Messages on supplement safety.
- Encourage all personnel to use the OPSS website at OPSS.org.
- Provide training opportunities to ensure Service Members receive dietary supplement education as required by DoDI 6130.06.
- Model and emphasize responsible use of dietary supplements.

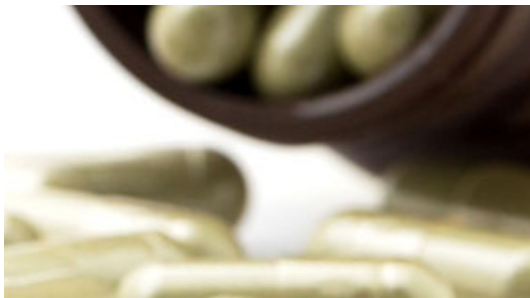


This handout is designed to raise awareness about dietary supplements and Operation Supplement Safety among leadership within DoD.

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FEATURED ARTICLES

Vinpocetine



Vinpocetine is often marketed to improve memory or focus but FDA warns of its safety risks for women.

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Aromatase Inhibitors



Aromatase Inhibitors are sometimes found in bodybuilding products, but be aware they are prohibited for use by Service Members.

[Read More](#)



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