

# OPERATION SUPPLEMENT SAFETY

## Director's Message



Welcome to our monthly newsletter! We hope you enjoy this new format and find these newsletters helpful for staying up-to-date on our latest content and materials.

Our mission is to provide the best evidence-based information about dietary supplements for Military Service Members, their families, and healthcare providers.

As always, feel free to [reach out](#) to us with any questions!

**Andrea Lindsey, MS**

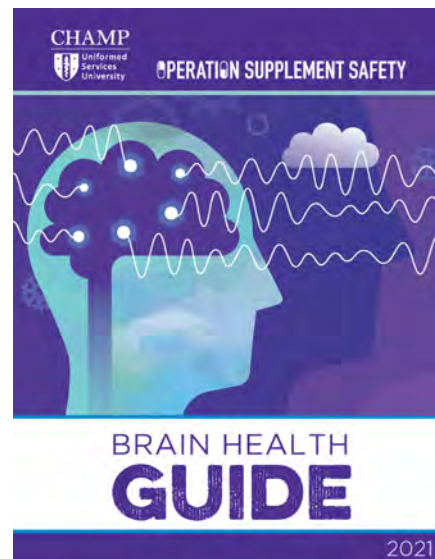
*Director, Operation Supplement Safety*

In support of the Consortium for Health and Military Performance (CHAMP)

## BRAIN HEALTH GUIDE

What's the buzz about brain-boosting supplements? As cognitive health becomes an increasingly popular health issue, many dietary supplements products have emerged on the market with promises of improved memory, focus, cognitive performance, and energy. But before you consider taking a brain-boosting supplement to improve your health or optimize your cognitive performance, check out our new [Brain Health Guide!](#)

The guide provides all the information you need to know about dietary supplements and brain health.



## OPSS UPDATES



OPERATION  
SUPPLEMENT  
SAFETY

HIGH RISK  
SUPPLEMENTS

6  
NEW PRODUCTS  
WERE ADDED

654  
PRODUCTS  
ON THE LIST

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6 new products were added to the [OPSS High-Risk Supplement List](#).

## NEW ARTICLES

### Ginkgo biloba



*Ginkgo biloba* is one of the most popular dietary supplement ingredients on the market today. Can it help optimize performance and boost brain health?

[Read More](#)

### Rhodiola rosea



*Rhodiola rosea* is a plant that has been touted to help the body "adapt" to stress. Is it safe for Military Service Members to take as a dietary supplement?

[Read More](#)

