

OPERATION SUPPLEMENT SAFETY



DODI 6130.06

DOD INSTRUCTION

USE OF DIETARY SUPPLEMENTS IN THE DOD

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On 4 March a new DoD Instruction regarding the use of dietary supplements by members of the U.S. military was signed: [DoDI 6130.06](#):

Use of Dietary Supplements in the DoD. Read [here](#) to find out how this DoDI impacts you.

ALERTS



FTC Alert: [FTC, DOJ, and FDA Take Action to Stop Marketer of Herbal Tea from Making False COVID-19 Treatment Claims](#)

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WHAT'S IN YOUR ENERGY DRINK (OR SHOT)?

- Most **energy drinks** contain **one serving**. The amount of calories, sugar, caffeine, or other ingredients listed is what's in the entire can.
- **Taurine, L-carnitine, glucuronolactone, inositol, and Panax ginseng** are common ingredients in energy drinks, but they haven't been proven to provide additional benefit for physical or mental performance compared to caffeine alone.
- Some energy drinks contain **other stimulants** in addition to caffeine.
- This energy drink contains **caffeine**, as well as guarana, which is another source of caffeine.
- Look at the **total caffeine content from all sources**.

• **Energy shots** are small, but they can be a more concentrated source of caffeine. Be aware of your total caffeine intake in a 24-hour period.

• You can't always tell how much of each ingredient is in a "blend."

• The ingredients in energy shots can vary. Some products contain other ingredients that have stimulant-like effects, such as yohimbe.

| Amount per serving | | 1 can | |
|---------------------------|-------|------------|------|
| Serving Size | | 1 can | |
| Calories | | 260 | |
| Total Fat | 0g | | 0% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | 0% |
| Sodium | 154mg | | 8% |
| Total Carbohydrate | 75g | | 27% |
| Total Sugars | 65g | | 130% |
| Includable KCal | 44g | | |
| Sugars | 0g | | |
| Protein | 0g | | |
| Niacin | 8mg | | 50% |
| Vitamin B6 | 2.5mg | | 143% |
| Vitamin B12 | 4mcg | | 167% |

Ingredients: Water, sugar, citric acid, taurine, sodium citrate, L-carnitine, natural flavor, caffeine, niacin, glucuronolactone, inositol, guarana seed extract, pyridoxine hydrochloride (vitamin B6), Panax ginseng extract, cyanocobalamin (vitamin B12).

Caffeine content from all sources: 300 mg/16 fl oz

Not recommended for children, pregnant or nursing women. In individuals who are sensitive to caffeine, daily caffeine consumption should be limited to approximately 400 mg per day from all sources. Too much caffeine may cause nervousness, irritability, sleeplessness, and rapid heartbeat.

Boost Blend
Taurine, glucuronolactone, caffeine (225mg), malic acid, creatine, L-tyrosine, L-phenylethylamine, yohimbe.

Percent Daily Values are based on a 2,000 calorie diet. Daily values not established.

Other ingredients: Water, Artificial and natural flavors, citric acid, sodium citrate.

Use this handout to learn about ingredients commonly used in energy drinks and energy shots and what to look for on product labels. For a printer-friendly version, [download the PDF](#).

FEATURED ARTICLES

Redotex

Creatine



Redotex is a weight-loss drug from Mexico that can cause serious adverse reactions and positive drug tests.

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Creatine supplements are popular among athletes and Warfighters trying to enhance their strength and muscle size.

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