

# OPERATION SUPPLEMENT SAFETY

MAY 2022



## TRENDING



Sailors and Marines have recently been warned about using Rockstar Unplugged due to the ingredient hemp seed oil. All Service Members should be aware about the risks of using this and any other product containing hemp seed oil, as it might result in a positive drug test.

OPERATION SUPPLEMENT SAFETY | [OPSS.ORG](https://opss.org)

## HEMP SEED OIL

OPSS has recently received a number of questions about products that contain hemp formulations. As a reminder, hemp in any form is prohibited for use by Service Members. For details about the DoD and services policies, read and share [our article](#).

# ALERTS



FDA Alert: [FDA Sends Warning Letters to 11 Companies for Illegally Selling Adulterated Dietary Supplements](#)

## FEATURED RESOURCE



### CAFFEINE & PERFORMANCE

If needed, you can use caffeine to boost your mental & physical performance in certain situations. If you're going to use it, here's how.

#### USE UP TO 200 MG AS FOLLOWS:



##### ENDURANCE PERFORMANCE (more than 60 minutes of continuous activity)

- 30–60 minutes before activity.



##### MENTAL PERFORMANCE

- 15–30 minutes before task.



##### RESTRICTED SLEEP (less than 6 hours of sleep in 24 hours)

- 1 dose on waking.
- Re-dose every 3–4 hours only if needed.



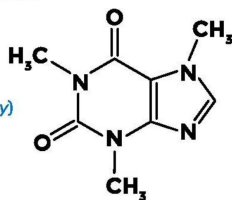
##### NIGHT SHIFTS WITH DAYTIME SLEEP

- 30–60 minutes before start of shift.
- Re-dose every 3–4 hours only if needed.



##### SUSTAINED OPERATIONS (no sleep in 24 hours)

- 1st dose at midnight. Re-dose every 3–4 hours only as needed.
- Use during daytime hours only if needed.



#### CAFFEINE TIPS:

- Avoid consuming caffeine 4–6 hours before bedtime.
- Do not exceed 600 mg caffeine per 24 hours (800 mg for sustained operations).
- Consider ALL sources of caffeine in your diet, including foods, beverages, and dietary supplements (not limited to the items listed on the next page).
- Caffeine can temporarily improve performance. It is not a substitute for sleep.

You can use caffeine to boost your mental and physical performance in certain situations. If you're going to use it, read and download our [Caffeine & Performance handout](#) to learn how.

# FEATURED ARTICLES

## Hordenine



Hordenine is a stimulant sometimes found in supplements marketed for weight loss, and athletic performance, but it's prohibited for use by Service Members.

[Read More](#)

## Laxogenin



Laxogenin and 5-alpha-hydroxy-laxogenin have been promoted as “natural anabolics” but both lack evidence for safety and effectiveness in dietary supplements, and 5-alpha-hydroxy-laxogenin is prohibited for use by Service Members.

[Read More](#)



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