ANNOUNCEMENT

Do you know what to do if you think a supplement you’re taking is causing you problems?

Use the “Report an Adverse Event” button on our website, which leads to the U.S. Government Safety Reporting Portal.

ALERTS

FTC: FTC Sends Refunds to Consumers Who Bought Deceptively Marketed Supplements to Treat Pain and Age-related Health Conditions

FDA: Watch Out for False Promises About So-Called Alzheimer’s Cures
Wondering if you should buy a particular supplement? Use the OPSS Scorecard to screen your supplement for safety. Use this interactive version or order 5”x7” postcards by emailing opss@usuhs.edu.

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**FEATURED ARTICLES**

### Apple Cider Vinegar

Apple cider vinegar has been promoted to curb appetite and help weight loss, support healthy blood sugar and cholesterol, aid digestive health, and boost the immune system.

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### Kratom

Kratom is sometimes marketed as an alternative treatment for conditions such as pain, anxiety, depression, and opioid use disorder. However, at this time, there are no FDA-approved uses of kratom.

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