

OPERATION SUPPLEMENT SAFETY



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](#)

FEATURED RESOURCE



Screen your supplement for safety. Read the label on your supplement and mark 1 for "yes" and 0 for "no."

Key questions you can answer:	Yes=1	No=0
Is any one of these third-party certification seals on the product label?		
Are there less than six ingredients on the Supplement Facts label?		
Is the label free of the words proprietary, blend, matrix, or complex ?		
Can you easily pronounce the name of each ingredient on the Supplement Facts label?		
Is the amount of caffeine listed on the label 200 mg or less per serving? (if caffeine is not listed, mark "1.")		
Is the label free of questionable claims or statements ?		
Are all the % Daily Values (% DV) on the Supplement Facts label less than 200% ? (if % DV is not listed, mark "0.")		
Total: Add up the "1s." 4 or more is okay. Less than 4 is a "no-go."		

Questions about dietary supplements? Ask the OPSS experts at [OPSS.org/ask-the-expert](https://opss.org/ask-the-expert)

OPERATION SUPPLEMENT SAFETY (OPSS)

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.

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.

[Read More](#)

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.

[Read More](#)

