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OPERATION SUPPLEMENT SAFETY



HELP KEEP YOUR LOVED ONES SUPPLEMENT SAFE

DYK that cold, flu, and immunity supplement sales have skyrocketed since COVID-19? However, consumers should be aware that a supplement's ingredients might not match what's listed on the label. OPSS tested 30 immune-health dietary supplements featured on Amazon to see if the ingredients were accurately labeled. Read what they found: "[Analysis of Select Dietary Supplement Products Marketed to Support or Boost the Immune System.](#)"

Even though the OPSS "Let's Talk Dietary Supplements" campaign has ended, we encourage you to keep the conversation on supplement safety going. It's especially important now—as we head into winter and immune-health supplements start to trend—to share tools and resources from trusted sources to help keep your loved ones safe.

We're working on an exciting project with one of our partners on this very topic that we can hardly wait to share with you! Stay tuned for more information in the coming months. 🧐

ANNOUNCEMENT



ATTENTION: Betel nut, blue lotus, and SR-9011 were added to the DoD Prohibited List on 8 November 2022.

[DoD Prohibited List](#)


FEATURED ARTICLES

A dark-themed graphic for a featured article. It features a background of various pills and capsules. A white spoon is in the center. Text is overlaid in white and yellow. A yellow button with a right-pointing arrow is at the bottom right.

FEATURED ARTICLE

Creatine Supplements: The Basics

Creatine supplements are popular among athletes and Warfighters trying to enhance their strength and muscle size. Unlike many other supplements, there is considerable evidence that taking creatine supplements might result in greater gains in body mass and strength when combined with resistance training.

READ THE FULL ARTICLE AT [OPSS.ORG](https://opss.org) 

Are you thinking about taking creatine? Read the [OPSS article](#) all about creatine supplements.

[Read More](#)

FEATURED ARTICLE

SARMs: What's the Harm?

SARMs pose significant health and readiness risks. They also might cause positive results if you are tested for steroids. Importantly, use of SARMs might interfere with the natural release of your own testosterone.

READ THE FULL ARTICLE AT [OPSS.ORG](https://opss.org) >

"SARMs" is a class of anabolic agents. Before you consider using a SARM, [learn the facts](#).

Read More

WHAT'S TRENDING?

DELTA-8-THC What You Should Know



DEFINED

psycho-active: /a drug or other substance that affects how the brain works and causes changes in mood, awareness, thoughts, feelings, or behaviors.



Is a psychoactive substance found in the plant *Cannabis sativa*



Is usually made in a laboratory (synthetic) from CBD



Use could result in side effects such as vomiting, trouble standing, loss of consciousness, low blood pressure, and difficulty breathing



Use could result in a positive drug test

PROHIBITED

Products containing delta-8-THC are prohibited for use by Service Members.

Stay informed and visit opss.org
OPERATION SUPPLEMENT SAFETY

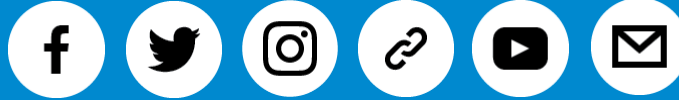
Delta-8-THC is a psychoactive substance found in the plant *Cannabis sativa*. Products containing delta-8-THC are **prohibited** for use by Service Members.

For more information about delta-8-THC, read the infographic in this newsletter or on the [OPSS website](#). You can also download this information as a [handout](#).

Learn More

QUESTIONS?

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Got questions, comments, or suggestions for future topics or stories?

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