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OPERATION SUPPLEMENT SAFETY



Operation Supplement Safety is gearing up to launch "Let's Talk Dietary Supplements," a social media campaign dedicated to spreading the word about the importance of supplement safety starting 1 October 2022.

We are excited to share our "Let's Talk Supplements" partner toolkit, designed with you in mind, to make it easy to participate.

[DOWNLOAD THE TOOLKIT](#)

HOW CAN I JOIN?



SHARE OR CREATE

Share our graphics to encourage others to join the conversation. You



SHARE WITH US

We'd love to share your story on [@OPSSorg](#) social media channels!

are also free to create your own posts, videos, and stories to post on your own social media channels. Tag [@OPSSorg](#) and use the hashtag [#LetsTalkSupplements](#) so we can share your content!

Send opssnews@usuhs.edu photos or videos of yourself explaining why

dietary supplement safety is important to you. Be sure to craft a short caption and include your handle if you want to be tagged.

WEEKLY THEMES

WEEK 1:

WHY ARE WE TALKING ABOUT DIETARY SUPPLEMENTS?

The [OPSS mission](#) is to provide the best evidence-based information about dietary supplements to the DoD community. Help us achieve our goal by sharing [tools and resources](#) to help users make informed decisions about dietary supplements to optimize their health, performance, and careers.

WEEK 2:

CHOOSING PRODUCTS WISELY

What resources do you find helpful as you evaluate products? During this week, share [credible resources and information](#), such as the [OPSS Scorecard](#), that can help you make safe supplement choices.

WEEK 3:

PROHIBITED INGREDIENTS

There is a [list of substances](#) that are prohibited for use in dietary supplements by DoD. We encourage members of the DoD community to check this list against the label of any dietary supplements they might be considering.

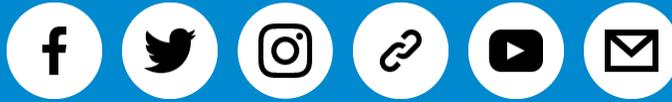
WEEK 4:

ADVERSE EVENTS

Adverse events from dietary supplements are underreported. During this week, help consumers [identify adverse events](#) and how to avoid them.

QUESTIONS?

EMAIL OPSSNEWS@USUHS.EDU



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

Contact us: opssnews@usuhs.edu