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!
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.

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.

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.

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

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.

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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

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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