Supplement Safety: Messages For Leadership

Operation Supplement Safety (OPSS) is a DoD-wide initiative designed to educate Military Service Members and retirees, their family members, leaders, healthcare providers, and DoD civilians about dietary supplements so they can make informed choices. Many Military Service Members use dietary supplements often to build muscle, lose weight, increase energy, or enhance sexual performance, yet they are unaware of the potential risks and consequences. Leadership support is needed to spread the word on supplement safety and to help prevent adverse side effects.

**LEADERSHIP’S ROLE**

- Help spread the Key Messages on supplement safety.
- Emphasize education and responsible use of supplements.
- Encourage all personnel to use the OPSS website at www.opss.org.

**KEY MESSAGES**

- Dietary supplements are intended to supplement the diet. They are not substitutes for a healthy, balanced eating plan.
- FDA does not evaluate supplements for safety, quality, or effectiveness before they are put on the market.
- Dietary supplements could contain ingredients not listed on the Supplement Facts panel.
- If Military Service Members choose to use a supplement, they should look for products that carry a third-party seal (examples):
  - BSCG
  - Informed-Sport
  - NSF
  - USP
- Third-party certification does not guarantee a supplement is safe or effective, but it does significantly reduce the risk of consuming a potentially unsafe supplement or of testing positive on a DoD drug test.