

Featured resources
for dietary supplements
on OPSS.org



Prohibited List



DoDI 6130.06



Check Your
Supplement



Exploring
Supplements



Report
Side Effects



Ask the Expert

OPERATION SUPPLEMENT SAFETY | OPSS.ORG

OPERATION SUPPLEMENT SAFETY (OPSS) is the Department of Defense dietary-supplement program for the military community, leaders, healthcare providers, and DoD civilians.

Our mission is to provide the best evidence-based information about dietary supplements to the military community to achieve human performance optimization.

