



AN OPERATION SUPPLEMENT SAFETY (OPSS) MESSAGE FOR LEADERSHIP

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

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.

KEY MESSAGES

- Dietary supplements are not substitutes for a healthy diet.
- FDA does not approve supplements for safety or effectiveness.
- Labels can be misleading. Dietary supplements could contain ingredients not listed on the Supplement Facts Panel.
- Only supplements with third-party certification or verification have been validated for quality (examples below).



- Third-party certification does not guarantee a supplement is safe or effective, but ensures good manufacturing practices, purity, and quality.



COMMON MYTHS ABOUT SUPPLEMENTS

"I can safely drop 25 lbs in a week."

"It's sold at the Exchange, so it must be safe."

"If one dose (or drink) is good, then two or three are even better."

"Proper nutrition and physical activity now come in pill form."

"If it's on the label, it must be true."

"Supplements won't cause me to have a positive drug test."

"It's all natural, so it can't be bad."

More information is available from Operation Supplement Safety at OPSS.org.

FACT

FDA does not evaluate supplements for safety, quality, or effectiveness

before they are put on the market. Some products might be adulterated with prescription and/or illegal drugs or other ingredients not allowed in dietary supplements.

Other programs and services that can help:

- Local Dietitians and Health Promotion/Wellness Program Staff
- Natural Medicines database: info.therapeuticresearch.com/dod
- Food and Drug Administration (FDA): www.fda.gov/Food/DietarySupplements/



CREATED BY OPERATION SUPPLEMENT SAFETY FROM THE CONSORTIUM FOR HEALTH AND MILITARY PERFORMANCE (CHAMP)
opss.org

