

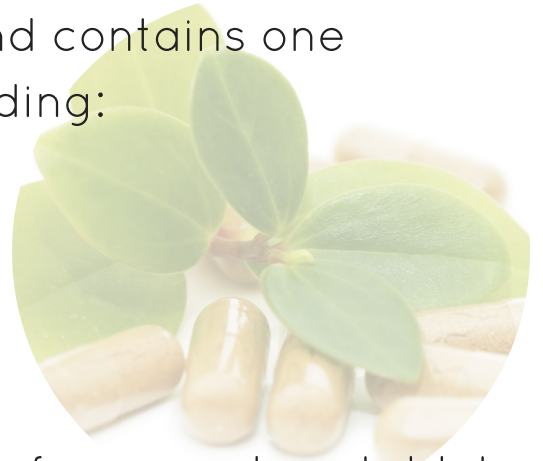


# DIETARY SUPPLEMENTS

## WHAT ARE DIETARY SUPPLEMENTS?

1994 Dietary Supplement and Education Act (DSHEA) defines supplement as a product that:

- Is intended to supplement diet and contains one or more dietary ingredients including:
  - Vitamins
  - Minerals
  - Herbs
  - Other botanicals
  - Amino acids
- Intended to be taken by mouth in forms such as tablet, capsule, powder, soft gel, gel cap or liquid.
- Is labeled as being a dietary supplement.



## BENEFITS

Supplements ensures a person is getting enough vital substances the body needs to function.

- It should not replace meals that are necessary for a healthy diet.

Supplements may help to reduce the risk of disease.

- It is not meant to treat, diagnose, prevent or cure diseases.



## RISKS

Problems arise when many supplements are combined or taken instead of prescribed medicine.

Combined with other supplements.

Some ingredients found in supplements are being added to a number of foods (breakfast cereals and beverages).

- You may be getting more of these ingredients than you think.
- More does not mean better.

Pregnant or nursing women should be cautious of taking supplements.

Be cautious giving supplements to children.



## APPROVED BY FDA?

- **No.** Manufactures and distributors are not required to get approval from FDA before marketing dietary supplements including those that aid in muscle growth.

FDA is responsible for ensuring that:

The products it manufactures or distributes are safe. Any claims made about the products are not false or misleading.

## SOURCES

- <http://www.fda.gov/AboutFDA/Transparency/Basics/ucm194344.htm>
- <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm109760.htm>
- [https://ods.od.nih.gov/HealthInformation/DS\\_WhatYouNeedToKnow.aspx/](https://ods.od.nih.gov/HealthInformation/DS_WhatYouNeedToKnow.aspx/)
- <https://nccih.nih.gov/health/supplements/wiseuse.htm>