



DIETARY SUPPLEMENTS¹

ARE



Consumable products, such as liquids or tablets that contain a dietary ingredient (vitamins, minerals, herbs/botanicals, amino acids, enzymes, metabolites) intended to supplement the diet.

ARE NOT



Replacements for healthy eating and physical training.

ARE NOT



Treatment for a medical condition or a cure for an illness.

DID YOU KNOW?

Dietary supplements are a

HUGE

industry in the U.S.

Americans spend approximately

\$36.7 BILLION

per year

on SUPPLEMENTS.²

Wondering WHY People Spend So Much On Supplements?

They believe supplements may help them achieve a certain result.



Are you thinking about taking supplements? Follow the three steps below first.

The Food and Drug Administration (FDA) DOES NOT STRICTLY REGULATE dietary supplements.



Products may not always do what they claim to do or may be unsafe. Supplements are often unnecessary because the same components can be found naturally in foods to help you achieve the results you desire.

1. Choose Food Over Supplements.

When it comes down to it, eating smart and healthy will give your body the nutrients it needs to achieve the results you want. A few common supplements and food alternatives are provided here.

BCAA (Branched-Chain Amino Acids)³

- Enhance exercise performance
- Prevent fatigue
- Reduce muscle breakdown
- Improve recovery

Cottage cheese, fish/seafood, meat/poultry, nuts/seeds, dry whole lentils

Quercetin⁴

- Act as an antioxidant and anti-inflammatory
- Prevent cancer
- Improve heart health

Berries, apples, onions, broccoli, kale, red wine, tea

Omega-3 Fatty Acids⁵

- Improve heart health
- May reduce the risk of some cancers, depression, and neurological disorders

Salmon, herring, mackerel, walnuts, canola, olive, flaxseed, and soybean oils

Creatine⁶

- Enhance muscle building and increase "bulk"

Lean meat, poultry, fish

Whey⁷

- Decrease muscle break down (high in BCAA)

Skim milk, cottage cheese, ricotta cheese, yogurt

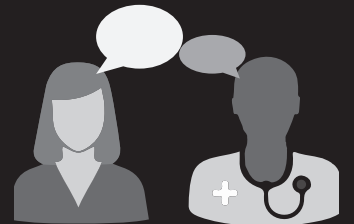
What it Claims to Do?

Eat This Instead

For more information on nutrition and how to eat to achieve optimal performance, check out [Performance Nutrition 101](#).

2. Talk to Your Health Care Provider.

Always speak with a health care provider before taking a new supplement. Be prepared to talk about the following:



Existing conditions and medical history



Potential medication interactions



Dosing recommendations



Possible safety concerns



Food and exercise alternatives

3. BUY SMART.

Product claims may not always be 100% truthful. Do your research and seek information from trustworthy sources before you buy.

- **Read the label.** Make sure the package has a label and it includes required information.
- **Watch for false or misleading claims.** Labels like "natural" or "herbal" don't mean the supplement is safe or works.
- **Know the risks.** There is no guarantee of quality, purity, safety, or effectiveness. [Operation Supplement Safety \(OPSS\) High-Risk Supplement List](#) provides a list of high-risk supplements to avoid.

- **Choose wisely.** Look for products with third-party verification programs, such as:

• [United States Pharmacopeial Convention \(USP\)](#)



• [NSF International](#)



• [Informed-Choice](#)



• [Banned Substances Control Group](#)



• [ConsumerLab.com](#)



- **Be informed.** Just because a product is sold on a military installation does not mean it is a DoD-approved supplement. Check with your chain of command to determine if there is a local-level policy that impacts you and reference the following resources for more information about health, safety, and efficacy concerns:

- [The Navy and Marine Corps Public Health Center \(NMCPHC\) Healthy Eating Web Page](#)
- [NMCPHC How Safe are Dietary Supplements? Fact Sheet](#)
- [NMCPHC How Healthy Are Dietary Supplements? Fact Sheet](#)
- [Operation Supplement Safety](#)
- [Human Performance Research Center \(HPRC\) Dietary Supplements Classification System](#)
- [The Natural Medicines Comprehensive Database](#)
- [National Institutes of Health \(NIH\) Office of Dietary Supplements Fact Sheets](#)

For references and source information click [here](#).



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