

Dietary Supplements & Operation Supplement Safety

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A Defense Center of Excellence

CHAMP

Consortium for Health and Military Performance

Learning Objectives

- Describe some of the rules and regulations on dietary supplements (DS)
- Identify dangers and risks of selected DS categories
- Describe the purpose of Operation Supplement Safety (OPSS)
- Provide an overview of OPSS features
- Delineate the function of the OPSS “Ask the Expert” button
- Describe resources available for Healthcare providers, including Apps

Dietary Supplement Health and Education Act of 1994: DSHEA

- Defined dietary supplements/dietary ingredients
- “A product that contains substances like vitamins, minerals, herbals, botanicals, amino acids and is intended to supplement the usual intake of these substances. Dietary supplements are found in pill, tablet, capsule, powder or liquid form and are intended to be taken by mouth.”

Which is a Dietary Supplement?



A

Nutrition Facts

Serving Size 1/2 cup (about 82g)
Servings Per Container 8

Amount Per Serving

Calories 200 Calories from Fat 130

% Daily Value*

Total Fat 14g 22%

Saturated Fat 9g 45%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 40mg 2%

Total Carbohydrate 17g 6%

Dietary Fiber 1g 4%

Sugars 14g

Protein 3g

Vitamin A 10% • Vitamin C 0%

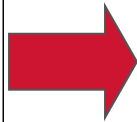
Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



A food

A dietary supplement



C

An OTC medication



B

Drug Facts

Active ingredient (in each tablet)

Chlorpheniramine maleate 2 mg.....Antihistamine

Purpose

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat

Warnings

Ask a doctor before use if you have

■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis
■ trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

When using this product

■ drowsiness may occur ■ avoid alcoholic drinks
■ alcohol, sedatives, and tranquilizers may increase drowsiness
■ be careful when driving a motor vehicle or operating machinery
■ excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

SUPPLEMENT FACTS

Serving size: 1 oz

Servings/container: 1

	Amount per serving:	% DV
Calories	15	
Calories from Fat	5	
Total Carbohydrates	7 g	2%
Dietary Fiber	1 g	<1%
Sugars	4 g	*
Sodium	5 mg	<1%

Proprietary EFA Blend 2000 mg *
Black Raspberry Seed Powder, Hulled Hemp Seeds,
Black Cumin Seed Powder, Black Cumin Seed Oil,
Black Raspberry Seed Oil.

Proprietary Blend 1200 mg *
D-Ribose, Magnesium Malate, Malic Acid,
Resveratrol, Marine Phytoplankton.

* Daily Values not established.

Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Water, Organic Cane Juice, Xylitol,
Blackberry Juice Puree, Red Raspberry Juice Puree,
Natural Flavors, Xanthan Gum, Citric Acid, Stevia, Mesg-pg
(Scutellaria Baicalensis Root Extract, Camellia Sinensis Leaf
Extract, Houttuynia Cordata Leaf Extract, Artemisia Princeps
Leaf Extract, Citrus Junos Fruit Extract, Glycine).

What you may not know...



Food

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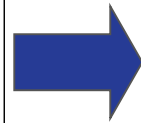
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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Generally
recognized as
safe (GRAS)

OTC Med
Proven evidence of
efficacy and *known*
safety



Drug Facts

Active ingredient (in each tablet) **Purpose**
Chlorpheniramine maleate 2 mg.....Antihistamine

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Supplements

No requirement for
evidence of safety
or efficacy



SUPPLEMENT FACTS

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(Scutellaria Baicalensis Root Extract, Camellia Sinensis Leaf
Extract, Houttuynia Cordata Leaf Extract, Artemisia Princeps
Leaf Extract, Citrus Junos Fruit Extract, Glycine).

Are Supplements Regulated? Yes, but ...

Status	Dietary Supplements	Foods ^a	Food Additives ^e	New Drugs ^b
Premarket approval required	No ^c	No ^d	Yes	Yes
Risk-benefit analysis conducted by FDA before marketing	No	No	Yes	Yes
Burden of proof for demonstrating safety (or lack thereof)	FDA	FDA	Manufacturer	Manufacturer

^a Foods (including conventional foods and dietary supplements), are considered safe (reasonable certainty of no harm), and thus do not require a risk-benefit analysis.

^b Applies to “new” drugs. Many over-the-counter drugs are regulated under FDA's Over-The-Counter Drug Review procedures, which do not provide for postmarketing surveillance.

^c A 75-day premarketing notification, but not premarketing approval, is required for dietary supplements containing ingredients not marketed before 1994.

^d In 2001, FDA proposed a rule requiring marketers of food developed through biotechnology to notify the agency at least 120 days before commercial distribution and to provide information to demonstrate that the product is as safe as its conventional counterpart

^e A food additive is a substance used to enhance taste, appearance or shelf-life to a food

Source: Adapted from IOM 2005

Gaps in DSHEA

- Manufacturer is responsible for ensuring products are properly labeled
- DS sold before October 15, 1994 are presumed to be safe and not subject to review by FDA
- FDA has to prove a product is NOT safe, if it is already on the market
- Government resources to monitor dietary supplement quality are extremely limited

Identify dangers and risks of selected dietary supplement categories

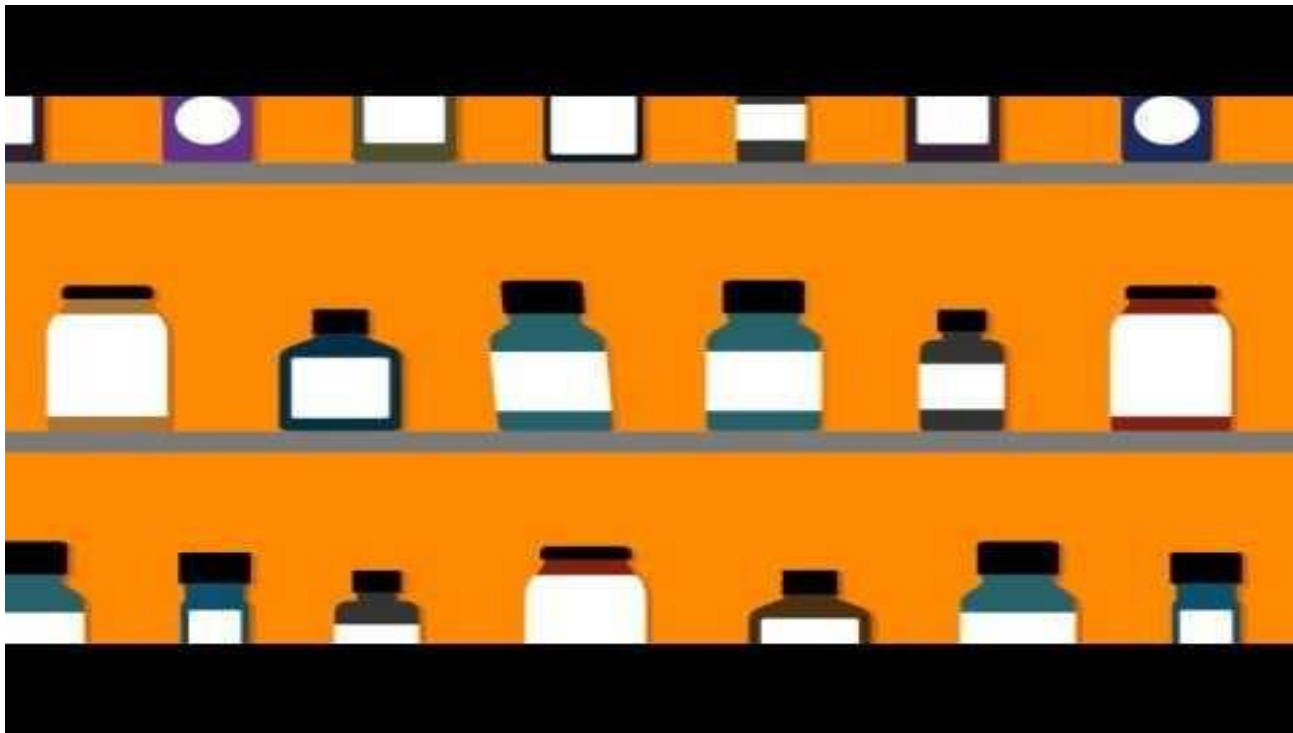


Issues of Concern

- Consumers generally uninformed
- Majority of consumers believe the FDA has “sufficient” oversight for safety and quality
- Most consumers unaware many DS products are adulterated
- Potential for adverse events/reactions (AEs)
- Thermogenic agents
- Stimulants
- Contaminants and adulterants: e.g. steroids, stimulants, prescription drugs, heavy metals

Supplements that appear safe could be dangerous products in disguise

[Decoding the Dietary Supplement industry video](#)



Operation Supplement Safety

- OPSS is THE DoD-wide effort, including partnerships with other government and professional organizations, to provide evidence-based, up-to-date information on dietary supplements



OPSS.org

[ASK THE EXPERT](#)[REPORT ADVERSE EVENTS](#)[ARTICLES](#)[FAQS](#)[MULTIMEDIA](#)[Search](#)

OUR MISSION: YOUR READINESS

WHAT IS OPSS?

Operation Supplement Safety is a Department of Defense dietary supplement resource for the military community, leaders, healthcare providers, and DoD civilians.

OPSS FOR WARFIGHTERS & FAMILIES OPSS FOR PROVIDERS & LEADERS

[FITNESS & PERFORMANCE](#)[DIETARY SUPPLEMENT INGREDIENTS](#)[WEIGHT LOSS](#)[GENERAL/HEALTH](#)



Search

Ask the Expert

All information is treated as confidential. It can take us 3 to 7 business days or more to prepare an answer to each question.

If this is an emergency, please call 911, the [Military Crisis Line](#) at 800-273-8255, or Military OneSource at 800-342-9647.

What's your current role? *

- Select -

Status *

- ☐ Active Duty
- ☐ Reserve
- ☐ N/A

Are you a Healthcare Provider? *

- ☐ No
- ☐ Yes

Your E-Mail Address *

Subject *

Question *

☐ I'm not a robot



Submit

* You must choose one of the options in order to submit your question.

Important Links



.GOV Resources

[Food and Drug Administration \(FDA\)](#)
[Food and Nutrition Information Center \(USDA\)](#)
[Federal Trade Commission \(FTC\)](#)
[National Center for Complementary and Integrative Health \(NCCIH\)](#)
[Office of Dietary Supplements \(ODS\)](#)
[MedlinePlus: Drugs, Herbs, and Supplements](#)
[Full list of dietary supplement fact sheets from ODS](#)
[Dietary Supplement Label Database](#)

APPS



OPSS High-Risk Supplement List



OPSS/NMCD for Warfighters



Sample ATEs

As a medical provider on a Marine unit, I am trying to find out some supplements that I have encounter. The first one is to rebuild amino acids by Genetix, called AlphaX. The second one is a growth hormone by Genetix, called GH+. I am trying to make sure my Marines are taking the right thing.

I have been looking all over the web for some answers on certain products from Blackstone Labs concerning military safety... I have seen very similar ingredients listed as banned but I am not exactly sure if they fall under the same category that would produce a false positive for a military urinalysis test. the following ingredients are:

- 19-NorAndrost-4-ene-3b-ol,170one
- 19-NorAndrost-4-ene-3b-ol,170one Decanoate
- 19-NorAndrost-4-ene-3b-ol,170one Enanthate
- 19-NorAndrost-4-ene-3b-ol,170one dUndercanoate
- 19-NorAndrost-4-ene-3b-ol,170one Caprylate

All of the following were labeled as DHEA supplements, which are legal as far as i could tell from my research...

What is an Adverse Event?

- ANY undesirable experience associated with the use of a dietary supplement in a patient
- Altered mental status, Anxiety, Cardiac dysrhythmia, Cerebral hemorrhage, Cramping, Dizziness, Fatigue, Hallucinations, Headaches, Heat illness, Heart palpitations, Hepatic injury/failure, Increased heart rate, Metabolic derangements, Myocardial infarction, Muscle cramps, Nausea, Nervousness, Nosebleeds, Renal injury/failure, Restlessness, Rhabdomyolysis, Seizures, Sleep disturbances, Syncope

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[FITNESS & PERFORMANCE](#)[DIETARY SUPPLEMENT INGREDIENTS](#)[WEIGHT LOSS](#)[GENERAL/HEALTH](#)

Reporting AEs



To report an adverse event or side effect related to a natural medicine, complete the form below. Your report will improve healthcare by aiding researchers and will be forwarded to the appropriate regulatory agency...such as the Food and Drug Administration.

If you have any questions, see our [Frequently Asked Questions \(FAQ\)](#) or [learn more about Natural MedWatch](#).

1. Your name:

First:
Last:

Your Info

2. Your profession:

Do you represent a product manufacturer?

☐ Yes ☐ No

Are you a health professional?

☐ Yes ☐ No

Occupation:

3. Your contact information:

Phone:
Email:
Street Address:
City:
State:
Zip Code:
International Address:

4. Patient Information if known:

To protect privacy, do NOT enter patient names or any other patient identifiers. A tracking number will be issued upon completion of this report that you can use for the patient's records, if necessary.

Did you personally experience this adverse event or side effect?

☐ Yes ☐ No

Patient Info

12. If the product was taken again, did the adverse event occur a second time?

☐ Yes ☐ No ☐ N/A

Comments:

13. Other details include:

Confidentiality and Privacy Notice: No information will be collected or stored unless the person providing the information agrees. *Natural MedWatch* will never use information provided for any marketing purpose whatsoever. No information will be shared with any other person or party unless the person providing the information agrees. Persons submitting a report about a patient or another person are encouraged not to provide the patient's name or any information that would identify the patient. Data will be analyzed to identify potential safety issues and trends. Analysis of this data is only conducted in a patient and reporter de-identified manner. The reporter's identity is collected in the event that additional follow-up is needed. Information collected from this form will be forwarded to regulatory bodies, such as the Food and Drug Administration, and may be shared with product manufacturers and research organizations. If you have any questions or concerns about this, please email privacyofficer@naturalmedicineswatch.com or call, 209-472-2244.

Additional Privacy Options

It is OK for *Natural MedWatch* staff to follow-up with me if needed.

☐ Yes ☐ No

It is OK to disclose my name to regulatory bodies, researchers, or product manufacturers.

☐ Yes ☐ No

Required

☐ I give my permission to have this information shared as described above.

Submit


Third-Party Certification

- Select products with 3rd party certification/verification seals to ensure they have been evaluated for ***quality*** and ***purity***:
 - Banned Substances Control Group (BSCG)
 - ConsumerLab.com
 - Informed-Choice
 - NSF International
 - United States Pharmacopeia Convention (USP)







FREQUENTLY ASKED QUESTIONS




Performance



Ingredients



Weight Loss



General

Sort by

Sort Alphabetically

▼

Order

Asc

▼

Apply

5-HTP: Can 5-HTP in supplements help with depression, appetite, and other conditions?

Products with 5-HTP (short for 5-hydroxytryptophan) are promoted for a variety of conditions, including depression, anxiety, appetite control, fibromyalgia, ... [Read More](#)

Acacia rigidula: Is it a legal ingredient in dietary supplements?

Acacia rigidula is an ingredient that has become popular in dietary supplement products for performance and bodybuilding. ... [Read More](#)


Aegeline: I recently heard that certain dietary supplement products were causing liver damage because of a specific ingredient, aegeline. What is aegeline and why is it a problem?

Aegeline is a new ingredient being added to dietary supplements; it can also appear on a product label as N-[2-hydroxy-2(4-methoxyphenyl)ethyl]-3-phenyl-2-p ... [Read More](#)

Aromatase inhibitors: What are they and are they allowed for use by Service Members?

Aromatase inhibitors (AI), which prevent testosterone from being converted to estrogen, are used in bodybuilding products to supposedly ... [Read More](#)


Important Links



OPSS HIGH-RISK SUPPLEMENT LIST


Which supplements are on the list?

FIND OUT




HPRC HUMAN PERFORMANCE RESOURCE CENTER


OPTIMIZE YOUR PERFORMANCE WITHOUT THE USE OF SUPPLEMENTS >



trc NATURAL MEDICINES: FIND OUT HOW YOUR SUPPLEMENT RATES >




REPORT AN ADVERSE EVENT >






IS YOUR SUPPLEMENT CLEAN? FIND OUT >

APPS






OPSS High-Risk Supplement List



OPSS/NMCD for Warfighters



NSF for Sport

ALERTS & ANNOUNCEMENTS

Apr 16, 2018

FDA takes step to protect consumers against dietary supplements containing dangerously high levels of extremely concentrated or pure caffeine

Apr 16, 2018

FDA Warns Consumers About Pure and Highly Concentrated Caffeine

Feb 21, 2018

FDA Investigates Multistate Outbreak of Salmonella Infections Linked to Products Reported to Contain Kratom

Feb 21, 2018

FDA oversees destruction and recall of kratom products; and reiterates its concerns on risks associated with this opioid



TAINTED PRODUCTS MARKETED AS DIETARY SUPPLEMENTS

Apr 16, 2018

Epic Products, LLC, Issues Voluntary Nationwide Recall of All Lots of Euphoric Capsules Due to Presence of Undeclared Sildenafil and Tadalafil

Apr 13, 2018

'Rhino 69 Extreme 50000' Recalled due to Presence of Active Ingredient 'Tadalafil'

Mar 28, 2018

Public Notification: Black Lion Pill contains hidden drug ingredient

Mar 28, 2018

Public Notification: Red Zone Xtreme 3000 contains hidden drug ingredient

QUICK LINKS

[OPSS High-Risk Supplement List](#)

[Natural Medicines Supplement Ratings](#)

[Is Your Supplement Clean?](#)

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GET EMAIL UPDATES

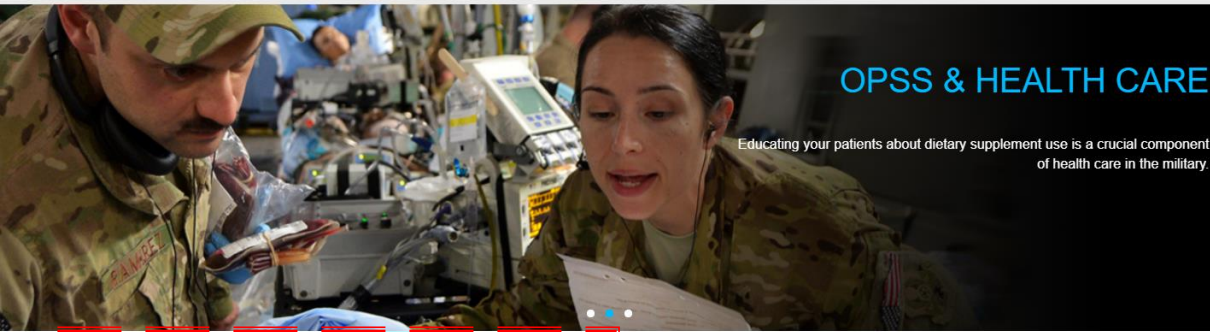
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OPSS FOR WARFIGHTERS & FAMILIES

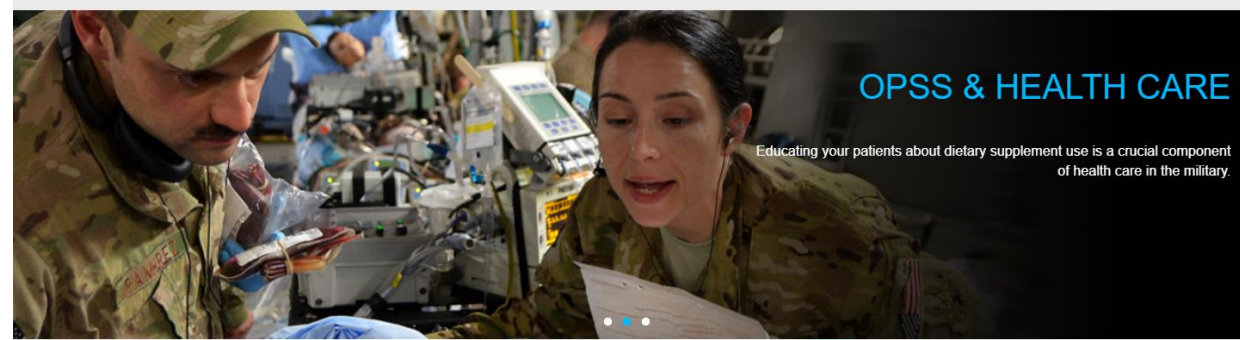
OPSS FOR PROVIDERS & LEADERS

FITNESS & PERFORMANCE

DIETARY SUPPLEMENT INGREDIENTS

WEIGHT LOSS

GENERAL/HEALTH



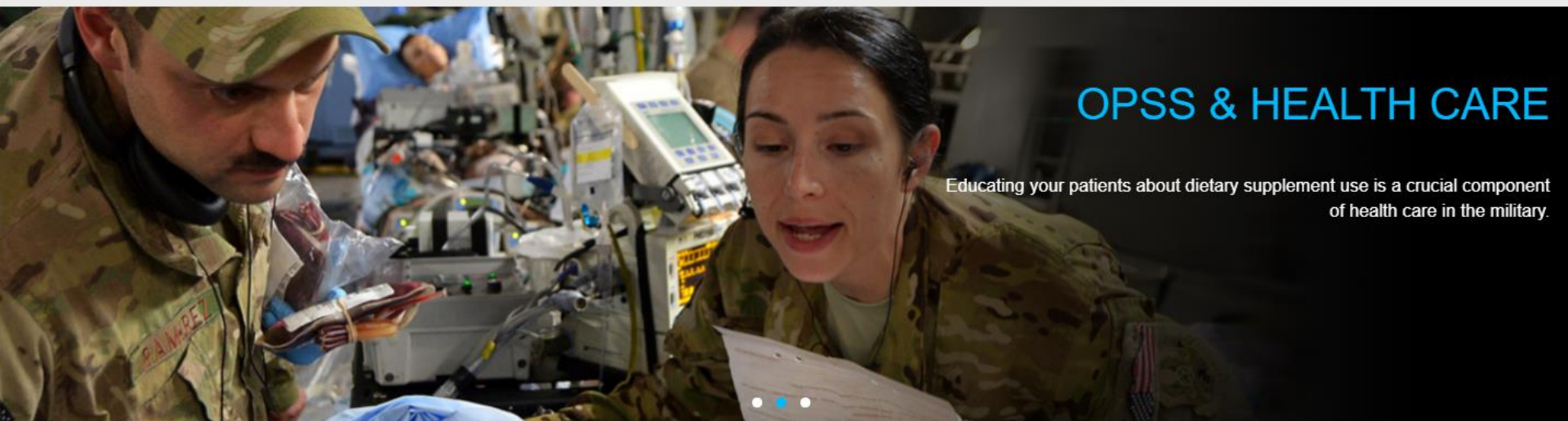
OPSS FOR WARFIGHTERS & FAMILIES

OPSS FOR PROVIDERS & LEADERS

DIETARY SUPPLEMENT CLASSIFICATION SYSTEM

OPSS MARKETING MATERIALS

TRAINING/EDUCATION/MULTIMEDIA



OPSS FOR WARFIGHTERS & FAMILIES OPSS FOR PROVIDERS & LEADERS

DIETARY SUPPLEMENT CLASSIFICATION SYSTEM

OPSS MARKETING MATERIALS

TRAINING/EDUCATION/MULTIMEDIA





Dietary Supplements Classification System

Dietary Supplements Classification Table

Click on the numbered cell in the table to see the Dietary Supplements in that Class and learn more about them.

		Risk (Safety Concerns)			
		Minimal	Low	Moderate	High
Potential Benefit	High	1	2	7	9
	Moderate	3	4	8	10
	Low	5	6	11	12

Disclaimer: This table includes consideration of the safety and potential benefits of dietary supplements based on use at appropriate doses and availability of current data in the literature. The table is meant to be informative and not prescriptive. For individual guidance, consult with a designated health professional for your respective service or specific organization. **Scores of 1-3 are in the "Green Zone," 4-8 in the "Amber Zone," and 9-12 in the "Red Zone."**

Supplements by Zone

Green Zone	Amber Zone	Red Zone
Melatonin	Antioxidants	Ephedra
Multivitamins & Minerals	Beta-Alanine (B-Alanine)	Melatonin (for flight personnel)
Tyrosine	*Caffeine	Bitter Orange (Synephrine)
Vitamin B Complex	Chromium	Testosterone Precursors/Boosters and Anabolic Compounds
	Coenzyme Q10	
	Creatine	
	Glutamine	
	L-Arginine	
	L-Carnitine	
	Megavitamins & Minerals	
	Quercetin	
Other Sports Products		
Sports Drinks	*Energy Drinks	**Energy Shots
Sports Gels		

*Excessive consumption is potentially dangerous and could lead to side effects and/or adverse reactions.

**Insufficient evidence to support a recommendation for use.

Note: Supplements in bold appear in more than one zone.

Important Links

OPSS HIGH-RISK SUPPLEMENT LIST

Which supplements are on the list?

[FIND OUT](#)

HPRC HUMAN PERFORMANCE RESOURCE CENTER:
OPTIMIZE YOUR PERFORMANCE WITHOUT THE USE OF SUPPLEMENTS >

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FIND OUT HOW YOUR SUPPLEMENT RATES >

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IS YOUR SUPPLEMENT CLEAN? FIND OUT >

APPS

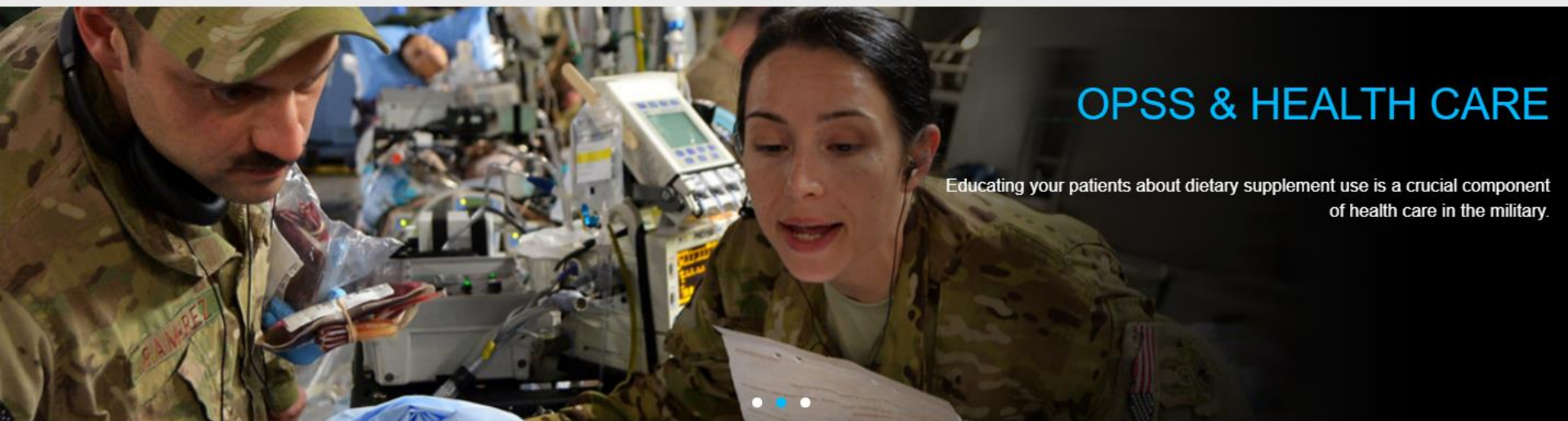
OPSS High-Risk Supplement List

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NSF for Sport



OPSS & HEALTH CARE

Educating your patients about dietary supplement use is a crucial component of health care in the military.

OPSS FOR WARFIGHTERS & FAMILIES OPSS FOR PROVIDERS & LEADERS

DIETARY SUPPLEMENT CLASSIFICATION SYSTEM

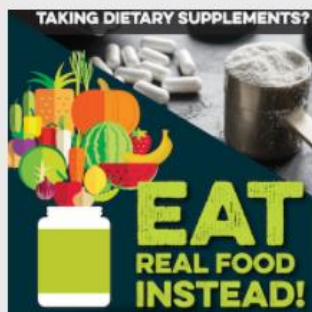
OPSS MARKETING MATERIALS

TRAINING/EDUCATION/MULTIMEDIA



OPSS has materials for you to make available to your client base. Either print high-resolution versions for handouts or order materials through the Army Public Health Center's [Health Information Products e-Catalog](#) for more professional versions appropriate for use at health fairs or in display racks.

[Home](#) » [For Providers & Leaders](#)



[Taking Dietary Supplements? Eat Real Food Instead! \[PDF\]](#)



[Creatine: Just the Facts \[PDF\]](#)



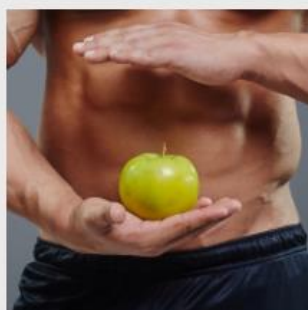
[Caffeine and Performance \[PDF\]](#)



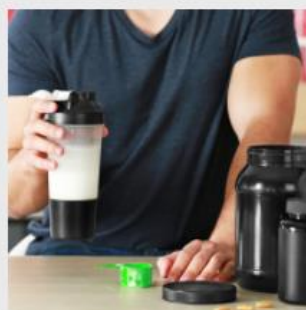
[OPSS Banner](#)



[OPSS Campaign Button](#)



[OPSS: Fueled for Fitness brochure, 8.5x11](#)



[Ripped or Ripped Off Poster, Tray Mat, and Table Tent](#)



[OPSS Adverse Events Poster, 11.75x15.875](#)

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OPSS/NMCD for Warfighters

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Promos

CREATINE JUST THE FACTS

Creatine is a compound made by your body and found naturally in some foods, mainly meat and fish.

It's also a popular ingredient found in dietary supplements.



1 Creatine is only effective for explosive, high-intensity activities (such as lifting, jumping, and sprinting).



2 Not everyone will experience an improvement in performance. Some people respond better than others to creatine supplements.



3 Creatine monohydrate, the most common form of creatine in supplements, is generally safe and effective when used appropriately (~3 g/day - more is not better).



4 Creatine monohydrate is generally well-tolerated short-term, but less is known about its long-term safety.



5 More than 10 forms of creatine are available in supplements. There isn't enough evidence to support claims that any other form of creatine is better than creatine monohydrate.

BOTTOM LINE: IF YOU CHOOSE TO USE CREATINE...



Look for "creatine monohydrate" as the only ingredient on the Supplement Facts panel.



Choose a third-party certified/verified product. Look for any of these seals on the product label:



Inform your healthcare provider of any supplements you use and discuss how to use supplements safely.

Supplement Facts

Serving size: 1 scoop (3 g)
Servings per container: 100

	Amount per serving	%Daily Value
Creatine monohydrate	3g	*

* Daily Value not established

Other ingredients: None

FOR MORE INFORMATION ABOUT CREATINE SUPPLEMENTS, VISIT OPSS.ORG.



OPERATION SUPPLEMENT SAFETY | OPSS.ORG



OPERATION SUPPLEMENT SAFETY

Promos

TAKING DIETARY SUPPLEMENTS?



EAT REAL FOOD INSTEAD!



SUPPLEMENT:
PRE-WORKOUT

FOODS THAT ENERGIZE YOU BEFORE YOUR WORKOUT:

- Nut butter and jam/jelly on whole-grain bread
- Low-fat Greek yogurt with fruit and water
- Oatmeal, banana, and water
- Low-fat granola and milk



SUPPLEMENT:
POST-WORKOUT

FOODS THAT ENHANCE YOUR POST-WORKOUT RECOVERY:

- Tuna, whole-grain crackers, fruit, and water
- Chocolate milk (or soy milk) and fruit
- Yogurt, fruit, granola, and juice
- Nuts, fruit, and water



SUPPLEMENT:
BODYBUILDING

FOODS THAT PROMOTE MUSCLE GROWTH:

- Lean meats
- Poultry
- Fish and seafood
- Milk and Greek yogurt
- Beans and lentils
- Nuts and seeds
- Tofu
- Eggs



SUPPLEMENT:
WHEY OR CASEIN PROTEIN

FOODS SOURCES OF WHEY OR CASEIN:

- Milk
- Cottage cheese
- Ricotta cheese
- Yogurt



SUPPLEMENT:
BRANCHED-CHAIN AMINO ACIDS

FOODS SOURCES OF BCAAS:

- Meats
- Poultry
- Fish and seafood
- Milk
- Cottage cheese



SUPPLEMENT:
WEIGHT LOSS

FOODS THAT HELP YOU LOSE WEIGHT:

- Fruits and veggies
- Whole grains (brown rice, quinoa, etc.)
- Lean proteins (fish, poultry, beans, nuts, and dairy)
- Unsweetened beverages (water, low-fat milk, tea, etc.)



OPERATION SUPPLEMENT SAFETY



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Contribution for Health and Military Performance

OPERATION SUPPLEMENT SAFETY | OPSS.ORG

Promos

PRE-WORKOUT SUPPLEMENTS

**WATCH FOR STIMULANTS.
READ THE LABEL.**

Stimulants are intended to rev you up, but too much can negatively affect your training and performance.

WARNING

PROHIBITED INGREDIENTS This product contains 1,3-dimethylamylamine, or DMAA, which is prohibited for use by Military Service Members.

BLENDS Can you tell how much of each ingredient is in the product? This product contains a “proprietary blend” (also might be called a “matrix” or “complex”).

CAFFEINE May contain 300 mg or more per serving (or an unknown amount in a proprietary blend). Consider all sources of caffeine (foods, beverages, and dietary supplements). Do not exceed 600 mg caffeine per day to avoid adverse effects such as racing heart, altered heart rhythms, insomnia, increased blood pressure, jitters, GI upset, and chest pain.

STIMULANTS The product contains multiple stimulants (in red) that together could compromise mission readiness due to negative health effects (see Caffeine above). Insomnia from stimulants can adversely impact performance and sleep.






THIRD-PARTY CERTIFICATION Only a third-party certification seal confirms what's in the product.



	Amount per serving	%Daily Value*
Niacin	50 mg	250%
Vitamin B12	500 mcg	8333%
Sodium	60 mg	3%
Potassium	50 mg	1%
Amino Blend	1 g	*
	2 g	*
	3 g	*
Beta-alanine	7,000 mg	*
Citrulline		
Extreme Energy & Focus Blend Caffeine anhydrous, taurine, 1,3-dimethylamylamine, theanine, yohimbe, Citrus aurantium (supplying synephrine), 2-amino-6-methylheptane, alpha-glycerophosphocholine, higenamine, huperzine A (Huperzia serrata), black pepper extract		
* Daily Value not established		
Other ingredients: citric acid, malic acid, natural & artificial flavors, sucralose, acesulfame, potassium, FD&C Red No. 40		



Screen your supplement for safety. Read the label on your supplement and mark 1 for "yes" and 0 for "no."

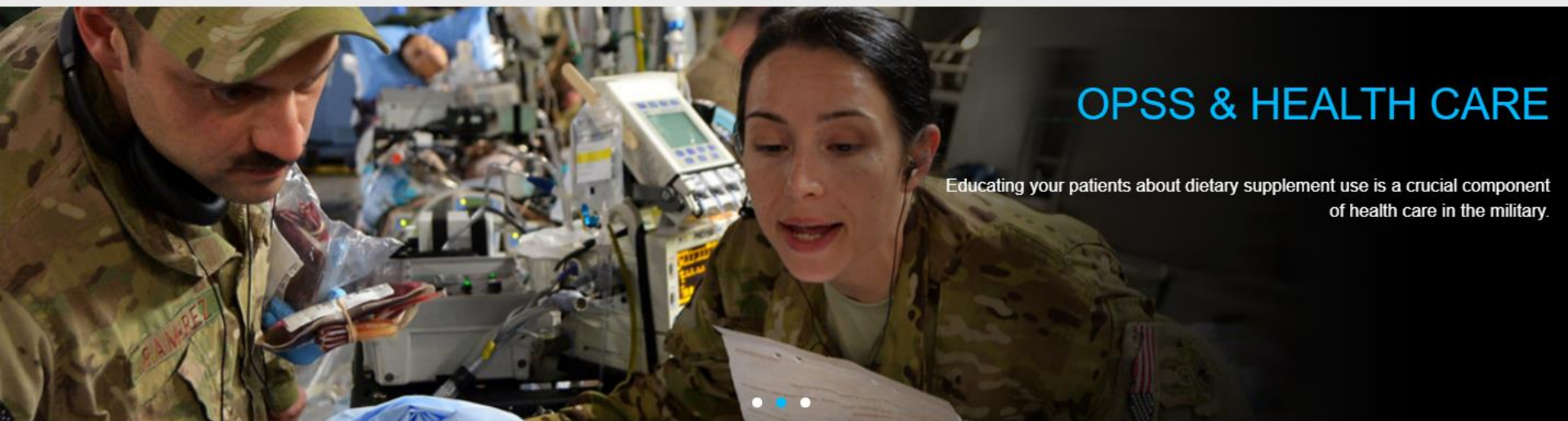
Key questions you can answer:	Yes=1	No=0
These seals show your product has been certified/verified for product quality. Is any one of these seals on the label?	    	
Are there less than six ingredients on the Supplement Facts panel?		
Is the label free of any blends or complexes , such as proprietary blends or complexes?		
Can you pronounce the names of each ingredient on the Supplement Facts panel?		
Is the amount of caffeine listed on the label 200 mg or less per serving? (If caffeine is not listed, mark "1.")		
Is the label free of " quick fix " claims?		
Is the Daily Value (%DV) less than 200% for each ingredient on the Supplement Facts panel?		
Total: Add up the "1s." 4 or more is okay. Less than 4 is a "no-go."		

**QUESTIONS ABOUT
DIETARY SUPPLEMENTS?**

**Ask the OPSS experts at
OPSS.org/ask-the-expert**

If you still want to consider the supplement, get more information.

If you have a .mil email address, you can use the Natural Medicines database for free:
info.therapeuticresearch.com/dod



OPSS & HEALTH CARE

Educating your patients about dietary supplement use is a crucial component of health care in the military.

OPSS FOR WARFIGHTERS & FAMILIES OPSS FOR PROVIDERS & LEADERS

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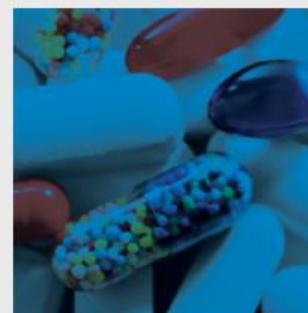
USMC Public Safety Advisory:
Cannabidiol and "vaping"



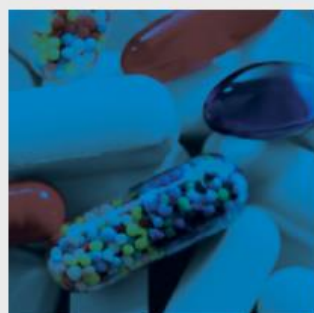
Guidelines for taking a
comprehensive dietary
supplement history



A service member's message to
others after taking dietary
supplements [Video]



OPSS short presentation slides
for providers & leaders



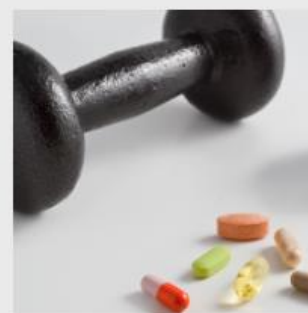
OPSS short presentation slides
for Warfighters



Dietary supplement "ingredients"
prohibited by the Department of
Defense



Stimulants found in dietary
supplements



Dietary Supplements and Other
Commercial Products Containing
SARMS



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**OPSS HIGH-RISK
SUPPLEMENT
LIST**

Which
supplements
are on the list?

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Related OPSS Content

5-HTP: Can 5-HTP in supplements help with depression, appetite, and other conditions?



A Mother's Plea [Video]



A service member's message to others after taking dietary supplements [Video]

Acacia rigidula: Is it a legal ingredient in dietary supplements?

Aegeline: I recently heard that certain dietary supplement products were causing liver damage because of a specific ingredient, aegeline. What is aegeline and why is it a problem?

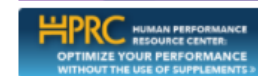
Are testosterone booster dietary supplement products

Dietary supplement "ingredients" prohibited by the Department of Defense

The following are substances that have at one time appeared, or currently appear, as **ingredients in products labeled as dietary supplements that FDA or the U.S. Armed Services have disallowed** for one reason or other. In addition, all prescription drugs and controlled substances* are not permitted for use in or as dietary supplements, but only a few are listed here. Since DoD follows federal guidelines with regard to dietary supplements, this list is provided to help military service members keep track of things to avoid when considering dietary supplement products.

Common name	Other names	Reason "not allowed"	Reference links
Acacia rigidula	<ul style="list-style-type: none"> A. rigidula Vachellia rigidula Chaparro Prieto blackbrush 	New dietary ingredient lacking evidence for safe use	FDA: Acacia rigidula in Dietary Supplements
Aconite	<ul style="list-style-type: none"> Aconitum wolfsbane 	Potentially fatal poison. Listed in FDA's poisonous plant database	In FDA's Poisonous Plant Database: (one example of more than 200 entries; see search)
Aegeline	<ul style="list-style-type: none"> N-2-hydroxy-2(4-methoxyphenyl) ethyl-3-phenyl-2-propenamide Aegle marmelos, bael 	New dietary ingredient lacking evidence for safe use. Associated adverse events reported **	FDA Investigation Summary: Acute Hepatitis Illnesses Linked to Certain OxyElite Pro Products and FDA Consumer Update: OxyElite Pro Supplements Recalled
	Including, but not limited to:		
	<ul style="list-style-type: none"> 1,4,6 etioallocholan-dione 2,17,18,19-tetrahydro-10,13-oxo-10H-benzo[5,6-b]pyrido[3,4-d]pyrimidin-2-one 	Drugs, some	

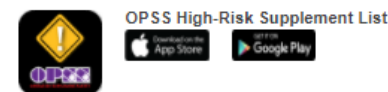
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Federal Trade Commission (FTC)
National Center for Complementary and Integrative Health (NCCIH)
Office of Dietary Supplements (ODS)
MedlinePlus: Drugs, Herbs, and Supplements
Full list of dietary supplement fact sheets from ODS
Dietary Supplement Label Database

APPS





Related OPSS Content



A Mother's Plea [Video]



A service member's message to others after taking dietary supplements [Video]



Decoding the Dietary Supplement

Guidelines for taking a comprehensive dietary supplement history

It's important for providers to be aware of all dietary supplements, if any, that their patients are taking due to the potential for interactions with other supplements, medications, and some medical conditions. In addition, some products might contain unsafe ingredients, including ones legitimately available only through prescription, which can result in adverse reactions. Even products with documented health and/or performance benefits for specific conditions—such as iron, vitamin D, whey protein, and creatine—should be evaluated holistically.

Just as you would ask about a patient's medications as a part of the medication-reconciliation process to determine potential risk, remember always to ask about his or her supplement use too. Although having your patient bring his or her supplements into the office is the best way to get this information, the guidelines here will help you obtain a comprehensive dietary supplement history.

Ask your patients:

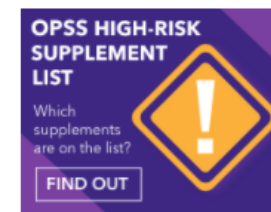
☐ Are you currently taking **any** dietary supplements? Think about the different forms your supplements might come in. Are you taking any of the following:

- Bars
- Capsules or tablets
- Chews or gummies
- Gels or goos
- Liquids or extracts
- Pills
- Powders
- Shakes

Be sure to describe examples of dietary supplements—such as single- and multi-vitamin/mineral supplements, protein powders or shakes, fish oil, probiotics, fiber powders or gummies, "pre-workouts," testosterone boosters, and nootropics (cognitive enhancers)—to get the "whole picture."

☐ Are you currently using **botanicals** and/or other products that contain caffeine, such as coffee, tea, soda, energy drinks/shots, or "pre-workouts"? (See the OPSS [FAQ about hidden sources of caffeine](#) for names of other sources of caffeine.)

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OPSS High-Risk Supplement List



OPSS/NMCD for Warfighters



OPSS High-Risk Supplement List



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[Am I allowed to use a weight-loss \(diet\) prescription medication?](#)

[Are there any safe supplements to help me lose weight?](#)

[Aromatase inhibitors: What are they and are they allowed for use by Service Members?](#)

[Bacopa monnieri: Is it safe to take in the military?](#)

Capsaicin and capsaicinoids: Can they help with weight loss?

If you've ever eaten something spicy and felt a burning sensation on your tongue, then you've eaten capsaicinoids. Capsaicinoids (including capsaicin, dihydrocapsaicin, and others) are the substances found in chili peppers that give them their spiciness. Although humans have been eating peppers for thousands of years, capsaicinoids only recently have come into the supplement spotlight. As a dietary supplement ingredient, capsaicinoids are often labeled as "cayenne pepper" or "capsicum," after the family of peppers that naturally contain capsaicinoids.

Capsaicinoids are purported to aid weight loss in three ways: increase energy use, burn fat, and decrease appetite. Some scientific evidence supports these statements, but results are mixed, and many studies only looked at the short-term effects of consuming capsaicinoids. Whether capsaicinoids can affect metabolism and appetite enough to result in meaningful weight loss or help with weight maintenance remains in question.

Moreover, additional research would be needed to determine the optimal dose and duration of capsaicinoids for weight loss. Consuming too much capsaicinoids (whether from food or supplements) can cause gastrointestinal issues for some people. Also, long-term effects of taking supplemental capsaicinoids, especially at high doses, are still unknown, so their safety over time needs further investigation.

Bottom line: More research is needed to determine if capsaicinoids can help you lose weight, but if you still want to include them in your diet, try adding some chili peppers to your foods, but

Important Links

OPSS HIGH-RISK SUPPLEMENT LIST

Which supplements are on the list?

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OPTIMIZE YOUR PERFORMANCE WITHOUT THE USE OF SUPPLEMENTS »

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OPSS High-Risk Supplement List

Some dietary supplement products contain stimulants, steroids, hormone-like ingredients, controlled substances, or unapproved drugs. The Operation Supplement Safety (OPSS) High-Risk Supplement List helps you identify supplements that might pose a potential risk to your health or career. Not all supplements on the list are illegal or banned, but all pose potential health risks. In addition, the list is not exhaustive, so something that isn't on the list can still be unsafe.

The Food and Drug Administration (FDA) is the federal regulatory agency responsible for enforcing legislation about dietary supplements. FDA routinely issues public statements about adulterated, illegal, and dangerous dietary supplements; see their Tainted Products widget displayed to the right on this page.

The information in the OPSS High-Risk Supplement List is not intended to be a substitute for professional advice. You should contact a healthcare provider for specific medical or nutritional advice. Any reliance on the information provided in the OPSS High-Risk Supplement List is solely at your own risk. Please visit other sections of the OPSS website for further education to help you make wise decisions about dietary supplements.

Note: In order to access the list, an account is required. Sign up for an account to access current and future updated lists.

[Enter the OPSS High-Risk Supplement List](#)

Important Links



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High-Risk List



Barcode Scanner



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Suggest an Addition










Ask The Expert



Terms and Conditions





Supplement	Brand Name	Company	Could Contain	Notes/Comments	Updated
	1,3D BOMB	TBN	Stimulants	For more information please see the OPSS FAQ on DMAA and the OPSS FAQ on stimulants .	02/05/2016
	1-Andro	LG Sciences	Anabolic agents	For more information please see the OPSS FAQ on anabolic substances .	05/09/2016
	1-Andro Liquid	Advanced Muscle Science (AMS)	Anabolic agents	For more information please see the OPSS FAQ on anabolic substances .	11/14/2014
	1-Andro Max V2	Primeval Labs	Anabolic agents	For more information please see the OPSS FAQ on DHEA .	09/11/2017
	1-Andro RDe Chrome	Advanced Muscle Science (AMS)	Anabolic agents	Testing of Lot #1330 revealed the presence of 1-androstenediol and androsterone. For more information please see the OPSS FAQ on anabolic substances .	05/20/2015
	1-Andro RX	IronMagLabs	Anabolic agents	For more information please see the OPSS FAQ on DHEA .	03/13/2014
	1024	Achievement Through Sciences (ATS) Labs	Anabolic agents	Testing of a sample purchased June 2015 revealed the presence of boldione, methasterone, and androsta-1,4,6-trienedione. For more information please see the OPSS FAQ on anabolic substances .	07/24/2015
	11-OxoDerm	Platinum Nutraceuticals	Anabolic agents	For more information please see the OPSS FAQ on anabolic substances .	12/04/2015

Apps



A service member's message to others after taking dietary supplements [Video]

[Acacia rigidula: Is it a legal ingredient in dietary supplements?](#)

[Aegeline: I recently heard that certain dietary supplement products were causing liver damage because of a specific ingredient, aegeline. What is aegeline and why is it a problem?](#)

[Are testosterone booster dietary supplement products safe and effective?](#)

scientific evidence. There is also concern that supplements marketed for these purposes might create "false assurances," leading patients with TBI to resume their activities before they are ready. This could result in worsened symptoms or slower recovery. For more information, please read [FDA's Consumer Update](#).

Although omega-3 supplements haven't been proven to help with TBI, omega-3s are still important for your brain, heart, and overall health. It's best to get your [omega-3s from food](#), but if you choose to take supplements, do so under the supervision of your doctor. For more information on omega-3 supplements, please read "[Omega-3 Supplements: In Depth](#)" from the National Center for Complementary and Integrative Health.

TBI is a serious health condition that can have short- and long-term effects on how you think and feel. To learn more about preventing and addressing TBIs, visit the [Traumatic Brain Injury section](#) of the Human Performance Resource Center's website, as well as the Centers for Disease Control and Prevention's [web page on traumatic brain injury and concussion](#).

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OPSS High-Risk Supplement List



OPSS/NMCD for Warfighters



NSF for Sport

ALERTS & ANNOUNCEMENTS



TAINED PRODUCTS MARKETED AS DIETARY SUPPLEMENTS

Feb 21, 2018

FDA oversees destruction and recall of kratom products; and reiterates its concerns on risks associated with this opioid

Feb 21, 2018

FDA Investigates Multistate Outbreak of Salmonella Infections Linked to Products Reported to Contain Kratom

Feb 07, 2018

Statement from FDA...evidence on the presence of opioid compounds in kratom, underscoring its potential for abuse

Jan 22, 2018

Flawless Beauty, LLC Issues Voluntary Recall of Unapproved Drugs

Dec 13, 2017

Marmex Corp Issues Voluntary Nationwide Recall Of Blue Pearl All Natural Male Enhancement Supplement, Due To Undeclared Sildenafil

Nov 30, 2017

Public Notification: Chao Jimengnan contains hidden drug ingredient

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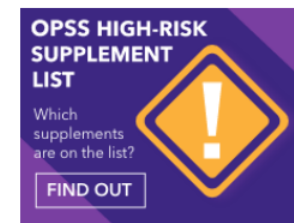
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info.therapeuticresearch.com/dod



Welcome DoD Warfighters and Healthcare Professionals

Natural Medicines provides in-depth information about dietary supplement products and ingredients based on the best available scientific evidence. You can get ratings for the safety and effectiveness of products along with the uses, benefits, side effects, drug interactions, etc., of the ingredients found in dietary supplement products.

This is offered in collaboration with *Natural Medicines* and the Consortium for Health and Military Performance (CHAMP), a Defense Center of Excellence. Complimentary access to *Natural Medicines* is available using a .mil email address

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Warfighters: Access the Consumer Version of *Natural Medicines* here:

Consumer Version

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Retrieve Login



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About Us

Background & Overview

Many military service members use dietary supplements—for promoting health, improving performance, bodybuilding, losing weight, and more. Unfortunately, some supplements have resulted in adverse events that compromise rather than improve performance, and in some cases result in positive drug tests.

In January 2012 the Assistant Secretary for Health Affairs requested a DoD-wide educational campaign on dietary supplements. In response to this request, the DoD Dietary Supplement Subcommittee (DSSC), the U.S. Army Public Health Command, and the Consortium for Health and Military Performance (CHAMP) at the Uniformed Services University of the Health Sciences (USU) began developing a DoD-wide educational campaign—Operation Supplement Safety, or OPSS—to increase awareness within the DoD community about potential health risks and how to choose safe dietary supplements.

OPSS is now a DoD-wide effort, including partnerships with other government and professional organizations, to provide evidence-based, up-to-date information on dietary supplements. OPSS educates service members and retirees, their family members, leaders, healthcare providers, and DoD civilians about dietary supplements and gives them tools to be informed supplement users—or non-users.

Our Partners

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Summary

- OPSS is the DoD “go to” for all information regarding dietary supplements
- Information changes regularly, so check the website often
- Sign-up for our OPSS newsletter
- Give us your feedback!

For Further Information

Please contact:
Andrea Lindsey, Director, OPSS

Andrea.lindsey.ctr@usuhs.edu



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