



# Operation Supplement Safety (OPSS)

TASK: Increase awareness within the DoD community about dietary supplements.

CONDITIONS: Discussion – Q & A.

STANDARDS: Service members, Family members and Leaders will understand the importance of supplement safety and will learn of the tools available to become “smart” supplement users.

REFERENCE(S): <http://hprc-online.org/dietary-supplements/OPSS>



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• **Operation Supplement Safety (OPSS)** is a joint initiative between the Human Performance Resource Center and the DoD to educate service members and retirees, their family members, leaders, healthcare providers and DoD civilians about dietary supplements and how to choose supplements wisely.

## Why Dietary Supplements?

- Many military service members currently use dietary supplements to:
  - ✓ Promote health
  - ✓ Enhance performance
  - ✓ Build body mass
  - ✓ Lose weight
  - ✓ Improve joint function
  - ✓ Boost energy
  - ✓ Enhance sexual performance



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## Why Worry?

- Consumers are generally uneducated about dietary supplements.
- Excessive intake of one single nutrient can be harmful.
- Dietary supplements can compromise rather than improve performance.

## Potential for adverse reactions

- Thermogenic agents: Increase metabolic rate – may cause the body to overheat
- Stimulants: Strain cardiovascular system and increase blood pressure
- Combinations of stimulant look-alikes: e.g., synephrine and caffeine
- Contaminants and adulterants: e.g., steroids, stimulants, prescription drugs, heavy metals



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## Key Campaign Messages

- Dietary supplements are not regulated by the U.S. government the way drugs are.
- Dietary supplement products can contain ingredients not listed on their Supplement Facts Panels—including drugs.
- Dietary supplements with independent, third-party certification are safest because they have been tested for purity and/or quality.
- Dietary supplements should not be used as a substitute for a healthy diet.
- It's ALWAYS better to use food because:
  - Supplements are not as complete as food.
  - Supplements can be more expensive than food.
- Choose wisely: Get the facts first!
- Know how to spot red flags.
- Know what to look for on a label.

