

Supplement Safety: Messages For Leadership

Operation Supplement Safety (OPSS) is a DoD-wide program, based on DoDI 6130.06, 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 to build muscle, lose weight, increase energy, or enhance sexual performance, yet they are unaware of the potential risks and consequences.

KEY MESSAGES

- FDA does not evaluate dietary supplements for safety, quality, or effectiveness before they enter the market.
- Dietary supplements are intended to supplement the diet. They are not substitutes for a healthy, balanced eating plan.
- According to DoDI 6130.06, Service Members are not allowed to use dietary supplements with prohibited ingredients.
- If Service Members choose to use a dietary supplement, they should look for products that carry a third-party seal (examples):
- Third-party certification does not guarantee a dietary supplement is safe or effective, but it will reduce the risk of consuming a potentially unsafe ingredient or a product with a prohibited ingredient, or of testing positive on a DoD drug test.
- Dietary supplements could contain ingredients not listed on the Supplement Facts label.

LEADERSHIP'S ROLE

- Help spread the Key Messages on supplement safety.
- Encourage all personnel to use the OPSS website at OPSS.org.
- Provide training opportunities to ensure Service Members receive dietary supplement education as required by DoDI 6130.06.
- Model and emphasize responsible use of dietary supplements.

