RIPPED

or RIPPED OFF?

If you're looking to get ***ripped***, make sure you don't get ***ripped off*** instead.

OPSS
OPERATION SUPPLEMENT SAFETY

www.hprc-online.org/dietary-supplements/OPSS

YOU WANT RESULTS, BUT AT WHAT COST?

NOT ALL SUPPLEMENTS ARE WHAT THEY CLAIM.

Worse, some supplements contain undisclosed ingredients that may be illegal and/or potentially dangerous.

LOOK FOR SUPPLEMENTS WITH A SEAL

from an independent organization such as USP or NSF that evaluates products for ingredient quality and safety.

OPSS
OPERATION SUPPLEMENT SAFETY

www.hprc-online.org/dietary-supplements/OPSS