OPERATION SUPPLEMENT SAFETY (OPSS)

A Dietary Supplement is any product containing one or more dietary ingredients intended to supplement the diet:

- Macronutrients (carbs, protein, fats)
- Vitamins, minerals, amino acids
- Herbs and other botanicals
- Other dietary substances (e.g., probiotics, enzymes)

OPSS provides resources to help consumers make informed decisions about dietary supplements.

Although some dietary supplements may be beneficial, others may be unsafe and tainted with drugs or other controlled substances. The most commonly tainted dietary supplements are those intended for:

- Bodybuilding
- Weight loss
- Diabetes
- Sexual enhancement

Before you take a supplement, ask yourself:

- What's in it?
- Does it work?
- Is it safe?
- Do I really need it?
- Has it been third-party tested?

FIND US ON

Choose
FOOD FIRST

— THEN —

Choose
SUPPLEMENTS WISELY

Resources

Human Performance Resource Center
http://hprc-online.org

Military One Source
www.militaryonesource.mil

Choose My Plate
www.choosemyplate.gov

Dietary Guidelines for Americans
http://health.gov/dietaryguidelines

Office of Dietary Supplements (ODS)
http://ods.od.nih.gov/

Questions about Nutrition or Dietary Supplements?

Ask the Experts at
http://hprc-online.org

HPRC
HUMAN PERFORMANCE RESOURCE CENTER
hprc-online.org

PLAY IT SAFE
Look for Third-Party Verification

USP VERIFIED · INFORMED CHOICE WWW.INFORMED-CHOICE.ORG · NSF · CL ConsumerLab.com Be Sure It's CL Approved · BSCG Banned Substances Control Group

NUTRITION: FUELED FOR FITNESS

OPSS
OPERATION SUPPLEMENT SAFETY

ESSENTIAL FUEL FOR FITNESS

With an adequate diet, you probably don't need dietary supplements. Follow these tips:

- Follow the 2010 Dietary Guidelines for Americans
  - Make half your plate fruits and veggies
  - More whole grains
  - Less sugar and salt
- Limit your caffeine intake
- Eat regular meals—don't skip
- Get 7-8 hours of sleep every day
  - Naps can help
- Be active every day

Try healthy snacks instead of supplements:

- High-fiber, low-sugar cereal
- Canned tuna or salmon
- Dried fruit
- Natural peanut butter
- Trail mix
- Low-fat or Greek yogurt
- Unsweetened applesauce
- String or other low-fat cheese
- Fresh fruit and veggies
- Whole wheat bread or bagel
- Low-fat cream cheese
- High-fiber, low-sugar snack bars
- Nuts
- Hard-boiled eggs
- Low-fat or nonfat milk
- Soy milk

Ignorance is not bliss!
Be informed about foods, beverages, and supplements before putting them in your body.

FOR OLDER FAMILY MEMBERS:

Some supplements can play an important role in your health, and if taken as intended, can supplement your diet. But keep in mind that supplements can interact with medications you may be taking. Popular supplements among older consumers include vitamins C and E, calcium, herbs such as ginseng and ginkgo, and glucosamine. Be sure to let your doctor, pharmacist, or dietitian know which dietary supplements you are considering—before you buy.

FOR YOUNGER FAMILY MEMBERS:

Energy drinks, especially popular with teenagers, have lots of calories from sugar and are loaded with caffeine—and maybe other stimulants. Too much caffeine can lead to increased anxiety, upset stomach, shakiness, headaches, and sleep issues. Excessive caffeine use can cause scary symptoms such as high blood pressure, irregular heartbeat, and possibly seizures. Energy drinks are not the same as sports drinks and should never be used for hydration.

Keep in mind that dietary supplements are not tested on children or teenagers, so their effects are unknown!

Children and teens should NOT consume energy drinks or shots!

It is ALWAYS better to use food because supplements:

- Are not tested or approved by the FDA prior to market
- Often are unnecessary
- Can be dangerous
- Can be expensive

If you decide to use a supplement, BE SMART:

- Use well-known brands
- Take no more than the recommended serving size
- Look for evidence of third-party testing on the label

Third-party testing ensures:

- What's on the label is inside the bottle—and nothing more
- Quality of manufacturing

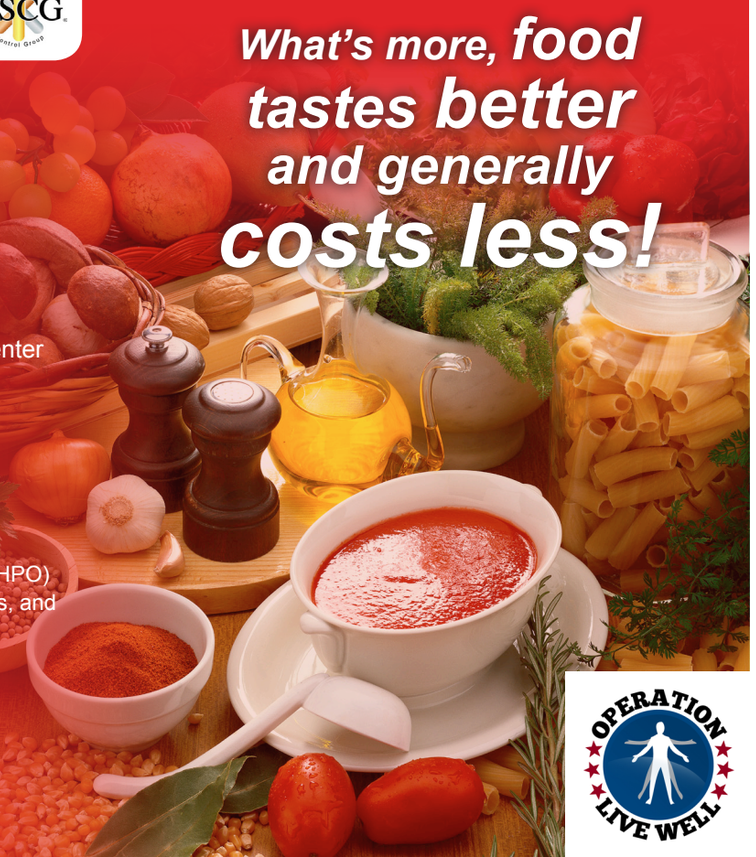
Want more information?
The Human Performance Resource Center

HPRC
HUMAN PERFORMANCE RESOURCE CENTER
hprc-online.org

at http://hprc-online.org
provides human performance optimization (HPO) information for U.S. Warfighters, their families, and those who support them.

Many people think supplements may be superior to natural foods, but in fact, most ingredients in supplements come from such food, whereas others are synthetic.

Active-duty military personnel who buy dietary supplements spend on average of $100 – $200 per month on products that claim to do everything from growing hair to gaining muscle to losing weight to enhancing libido. Why use them? Natural foods are a powerhouse of ingredients that promote energy, muscle growth, weight loss, and enhanced libido while providing antioxidants, phytochemicals (anti-cancer agents), and high levels of vitamins, minerals, proteins, and amino acids.



What's more, food tastes better and generally costs less!

OPERATION LIVE WELL

Compare: The cost of dietary supplements vs. the cost of food!

ONE SERVING OF:	COSTS ABOUT:
Supplement:	
Branched-Chain Amino Acids	***$2.00+***
Food sources of BCAAs:	
• Cottage cheese	$0.79
• Fish/seafood	$2.69
• Meat/poultry	$0.87
• Nuts/seeds	$1.25
• Dry whole lentils	$0.30
Supplement:	
Whey/Casein Protein	***$2.00+***
Food sources of whey/casein:	
• Milk	$0.16
• Cottage cheese	$0.79
• Ricotta cheese	$1.05
• Yogurt	$0.78
Supplement:	
Testosterone Boosters	***$1.50+***
Food sources that boost libido:	
• Eggs	$0.20
• Oysters	$1.00
• Chicken	$0.39
• Fatty fish/seafood	$2.69
• Beans	$0.30
• Nuts/seeds	$1.25
• Fruits/vegetables	$0.50
Supplement:	
Weight Loss/Energy Booster	***$2.25+***
Food sources that help you lose weight and boost energy:	
• Water	Under $0.50
• Whole-grain foods	Under $2.00
• Fruits/vegetables	$0.50
• Green tea (bag)	$0.25
• Eating less	Free!