



## OPERATION SUPPLEMENT SAFETY

A DoD and HPRC Dietary Supplement Resource for Warfighters

**OPSS provides resources to help consumers within the DoD community make informed decisions on dietary supplements. More information is available through the Human Performance Resource Center website:**

**[hprc-online.org/dietary-supplements/OPSS](https://hprc-online.org/dietary-supplements/OPSS)**



A DoD Initiative under the Force Health Protection and Readiness Program



**Questions  
about nutrition  
or dietary  
supplements?  
Ask HPRC's  
experts at:  
hprc-online.org/  
ask-the-expert**

Should I buy this supplement? Ask these questions and total up your answers.		
Is it 3rd-party certified/verified?*	yes/no	
Five ingredients or less (except gelatin, color additives, and dyes)?	yes/no	
No ingredients listed as "blends," "proprietary blends," or "delivery systems" on the label?	yes/no	
Can you pronounce the names of all the ingredients?	yes/no	
Total amount of caffeine indicated? Amount no more than 200 mg/serving/day?	yes/no	
No promise of a "quick fix"?	yes/no	
All ingredients with DV** established and DV** nutrients no more than 200% (except fish oil & glucosamine)?	yes/no	

Mark "1" for yes, "0" for no. Total score greater than 4 is OK, score less than 4 is "no go" or get more information.



\*\* DV=Daily Value



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