



Operation Supplement Safety (OPSS) Campaign Overview for Leadership

LEADERSHIP'S ROLE

- Help spread the Key Messages on supplement safety.
- Emphasize education and responsible use of supplements.
- Encourage all personnel to use the OPSS website.

Operation Supplement Safety (OPSS) is the DoD campaign designed to provide information about responsible dietary supplement use. This is vitally important, as many service members routinely consume supplements yet are unaware of potential risks and consequences. Leadership support is needed to spread the word on supplement safety and to help reduce further adverse events.

KEY MESSAGES

- *Dietary supplements are not substitutes for a healthy diet.*
- *FDA does not approve supplements for safety or effectiveness.*
- *Labels can be misleading. Dietary supplements could contain ingredients not listed on the "Supplement Facts Panel."*
- *Only supplements with third-party certification or verification have been validated for quality (examples below).*
- *Third-party certification does not guarantee a supplement is safe or effective, but ensures good manufacturing practices, purity, and quality.*



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BACKGROUND INFORMATION

- Dietary supplement = Any product intended to “supplement” the diet by increasing total dietary intake. This includes pills, capsules, gencaps, powders, liquids, bars, sprays, gums, gels, etc.
- Dietary supplement use is common among active-duty personnel.
- Adverse events have resulted from supplement use among service members.
- Primary reasons for supplement use: build muscle, lose weight, increase energy, and improve sexual performance.

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



COMMON MYTHS ABOUT SUPPLEMENTS

- “I can safely drop 25 lbs in a week.”
- “It’s sold at the Exchange, so it must be safe.”
- “If one dose (or drink) is good, then two or three are even better.”
- “Proper nutrition and physical activity now come in pill form.”
- “If it’s on the label, it must be true.”
- “Supplements won’t cause me to have a positive drug test.”

FACT: *Supplements may be adulterated with prescription and/or illegal drugs! FDA does not oversee supplement safety.*

WHAT TO AVOID

- Overgeneralizing: “All dietary supplements are bad.”
- Supplements are often not necessary for good health, but they may be effective in some instances if used responsibly

PROGRAMS AND SERVICES THAT CAN HELP

- Local Dietitians and Health Promotion/Wellness Program Staff
- Operation Supplement Safety Campaign: hprc-online.org/opss
- Natural Medicines Comprehensive Database: naturaldatabase.therapeuticresearch.com
- Food and Drug Administration (FDA): www.fda.gov

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