



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

# GET THE SCOOP



HUMAN PERFORMANCE RESOURCE CENTER



OPERATION SUPPLEMENT SAFETY

# STAY SUPPLEMENT SAVVY!

Don't waste your time or money.

Check out Operation Supplement Safety (OPSS)  
for information about dietary supplements before you buy:

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

Also, get FREE access to the  
Natural Medicines Comprehensive  
Database (NMCD) with a .mil email address.

NMCD rates the effectiveness, safety,  
and product quality of dietary supplement  
products and ingredients based on  
unbiased, scientific information.

NMCD has no commercial interest in the products they  
rate and never accepts any form of advertising.

# DO YOUR HOMework.

Should I buy this supplement? Ask these questions and mark "1" for yes, "0" for no.

Are any of the logos at the bottom of this page on the label?	yes/no	
Are there fewer than five ingredients (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	
No caffeine or caffeine limited to no more than 200 mg/serving/day?	yes/no	
No promise of a "quick fix"?	yes/no	
Are all Daily Values less than 200% (except fish oil & glucosamine)?	yes/no	

Total Score greater than 4 is OK, score less than 4 is "no go" or get more information.

