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THINGS TO
CONSIDER
BEFORE
TAKING A

DIETARY SUPPLEMENT



- Dietary supplements include ingredients such as vitamins, minerals, herbs, and amino acids.
- Dietary supplements can help you get the nutrients you need to maintain health.

Dietary supplements can be good for your health by helping you get the nutrients you need to maintain health. But there are some risks, especially if you take too many or use them in addition to, or in place of, prescription medications.

So how can you make an informed decision for yourself about using supplements?

CONSIDER THIS:

- 1 Ask your healthcare provider if the supplement you're considering would be safe and beneficial for you.
- 2 Remember that supplements are not permitted to be marketed for the purpose of treating, diagnosing, preventing, or curing diseases. Disease claims, such as "lowers high cholesterol" or "treats heart disease," cannot be legitimately made for dietary supplements.
- 3 When searching for information about supplements on the internet, use noncommercial sites (e.g., the National Institutes of Health, the Food and Drug Administration, the U.S. Department of Agriculture) rather than depending on information from sellers.
- 4 If claims sound too good to be true, they probably are: Be mindful of product claims such as "works better than [a prescription drug]," "totally safe," or has "no side effects."
- 5 Be aware that the term "natural" doesn't always mean "safe."

If you decide to take a supplement and have a bad reaction, report the reaction to FDA through one of the following:

- Contact the **Consumer Complaint Coordinator** in your area.
- File a safety report only through the **Safety Reporting Portal**.



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