Dietary supplements can be beneficial to your health, but they can also have unexpected consequences, especially if you start taking a new product, take supplements in high doses, take multiple supplements, or take supplements instead of or in addition to medications.

Before deciding to take a dietary supplement, always talk to your healthcare professional.
**What Should I Do if I Experience an Adverse Event?**

If you are taking a dietary supplement and experience an adverse event, immediately stop using the product and seek medical care or advice.

You should also submit a report to FDA through either:

- The **Safety Reporting Portal** at [www.safetyreporting.hhs.gov](http://www.safetyreporting.hhs.gov).
- An **FDA Consumer Complaint Coordinator**. You can find the phone number for your local Consumer Complaint Coordinator at [www.fda.gov/consumer-complaint-coordinators](http://www.fda.gov/consumer-complaint-coordinators) or by calling FDA’s SAFEFOOD Information Line at 1-888-SAFEFOOD (1-888-723-3366).

Even if you aren’t sure the dietary supplement caused the adverse event, it’s always better to report it to FDA. Try to **provide as much information as possible**. Complete reports are the most useful, but even pieces of information can be helpful.

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**Experiencing an Adverse Event?**

1. **STOP** taking the supplement immediately
2. **SEEK** medical care
3. **REPORT** the adverse event to FDA

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**Why Should I Report an Adverse Event?**

By law, FDA does not have the authority to approve dietary supplements before they are sold to the public. In fact, in most cases, FDA isn’t even notified when a dietary supplement is introduced to the market. However, when you report an adverse event associated with a dietary supplement, FDA can use the information you provide to help identify potentially dangerous products and possibly remove them from the market.

**In some cases, a single adverse event report can be very helpful to FDA in investigating and taking action to protect other consumers from unsafe products.** That’s why it’s so important for you to notify FDA about any adverse reactions to a dietary supplement.

To learn about dietary supplement-related actions that FDA has taken to protect the public health, visit: [www.fda.gov/dietarysupplements](http://www.fda.gov/dietarysupplements).