



OPERATION SUPPLEMENT SAFETY

Operation Supplement Safety (OPSS) provides resources to help consumers within the DoD community make informed decisions on dietary supplements. Visit **OPSS.org** for more information.


Choose food first!
Dietary supplements are not substitutes for a healthy, balanced diet.

Read the entire label carefully to make an informed decision about a dietary supplement product.





Screen your supplement for safety. Read the label on your supplement and mark 1 for “yes” and 0 for “no.”

Key questions you can answer:	Yes=1	No=0
Is any one of these third-party certification seals on the product label? 		
Are there less than six ingredients on the Supplement Facts label?		
Is the label free of the words proprietary, blend, matrix, or complex ?		
Can you easily pronounce the name of each ingredient on the Supplement Facts label?		
Is the amount of caffeine listed on the label 200 mg or less per serving? (If caffeine is not listed, mark “1.”)		
Is the label free of questionable claims or statements ?		
Are all the % Daily Values (% DV) on the Supplement Facts label less than 200% ? (If % DV is not listed, mark “0.”)		
Total: Add up the “1s.” 4 or more is okay. Less than 4 is a “no-go.”		

Questions
about dietary
supplements?

Ask the
OPSS experts at
[OPSS.org/ask-the-expert](https://www.opss.org/ask-the-expert)

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