






Operation Supplement Safety (OPSS)

is DoD's go-to program for anything related to dietary supplements. We partner with other federal departments, professional organizations, and academic institutions to provide the most current evidence-based information, resources, and tools for education and decision-making.

OPSS Features

-  Ask the Expert portal
-  Check Your Supplement
-  DoDI 6130.06: Use of Dietary Supplements in the DoD
-  DoD Prohibited Dietary Supplement Ingredients List
-  Exploring Supplements
-  Report Side Effects

Topics of Interest on OPSS.org

- Bodybuilding
- Brain health
- Energy drinks
- Immune health
- Pre-workouts
- Testosterone boosters
- Weight loss

OPSS Educational Materials

-  Evidence-based articles
-  Handouts, guides, and posters
-  Quick Facts on dietary supplement ingredients
-  Videos

OPSS Presentations and Trainings

OPSS presentations include topics such as:

- Basics of dietary supplements
- Regulations of dietary supplements
- How to use OPSS tools and resources
- Requirements of DoDI 6130.06 to include adverse event reporting
- Trending topics on dietary supplements

Train the Trainer sessions available

Learn more about OPSS

- Visit our website at OPSS.org
- Sign up for our monthly newsletter
- Follow us on Facebook, Instagram, Twitter, and YouTube

