

Dietary Supplement



Ads

What are dietary supplements?

Pills, powders, or shakes that include vitamins, minerals, herbs, enzymes, or probiotics.

Ads may say they can help with things like:



weight loss



bodybuilding



energy boosting



anti-aging



pain or disease management

While some dietary supplements have proven benefits, others don't. And some could even be risky for your health.

If you see these claims...

LOSE WEIGHT

without diet **OR** exercise!

Miracle Cure!

Rapid Results!

REVERSE
signs of
aging!

Prevent, treat,
or **CURE**
multiple
diseases!

Dietary
Supplement

...ask your health professional

Is there **scientific proof** it actually works?

How reliable is this **brand**?

How will it **interact** with my other medications?

What are the **side effects**?

If it's safe to take,
what's the
right amount?



Did you know?

- Unlike drugs, dietary supplements are **not evaluated** by the FDA for safety and effectiveness before they're sold.
- Dietary supplements are **not meant** to prevent, treat, or cure diseases.
- "Natural" doesn't always mean safe.
- Supplements could have hidden ingredients.

