

Dietary Supplements and Operation Supplement Safety

**EVENT PAGE:**

<https://oneop.org/learn/160021/>

CONTINUING EDUCATION:

- Registered Dietitian Nutritionists, and Nutrition and Dietetic Technicians Registered
- Certified in Family & Consumer Sciences (CFCS) from the American Association of Family and Consumer Sciences
- Certified Nutrition and Wellness Educator (CNWE) from the American Association of Family and Consumer Sciences
- Certificate of Attendance

ABOUT THIS WEBINAR:

Many service members use dietary supplements—for promoting health, improving performance, bodybuilding, losing weight, and more. Unfortunately, some supplements have resulted in adverse events that compromise rather than improve performance, and in some cases supplements result in positive drug tests. This presentation will discuss how dietary supplements are regulated, highlight some of the issues and risks surrounding the topic of dietary supplements, and provide tools and resources from Operation Supplement Safety to help consumers evaluate dietary supplement products.

Learning Objectives:

- Describe how dietary supplements are regulated
- Discuss key topics related to dietary supplements
- Explain how to use Operation Supplements Safety tools and resources such as the DoD Prohibited Dietary Supplements Ingredients List and the OPSS Scorecard

PRESENTER:

Andrea T. Lindsey

Andrea T. Lindsey, MS serves as Director of Operation Supplement Safety and Senior Nutrition Scientist with the Consortium for Health and Military Performance (CHAMP), Uniformed Services University. Andrea is a nutrition information specialist with extensive experience in the field of dietary supplements, and she has considerable knowledge and understanding regarding the content, safety, labeling, and marketing of these products.