



## HOW TO SPOT FALSE DIETARY SUPPLEMENT CLAIMS

Be savvy! Although the benefits of some dietary supplements have been documented, the claims of others may be unproven. If something sounds too good to be true, it usually is.

Here are some signs of a false claim:

**Statements that the product is a quick and effective "cure-all."** For example: "Extremely beneficial in treatment of rheumatism, arthritis, infections, prostate problems, ulcers, cancer, heart trouble, hardening of the arteries, and more."

**Statements that suggest the product can treat or cure diseases.** For example: "shrinks tumors" or "cures impotency." Actually, these are drug claims and should not be made for dietary supplements per the Food & Drug Administration.

**Statements that claim the product is "totally safe," "all natural," or has "definitely no side effects."**

**Promotions that use words like "scientific breakthrough," "miraculous cure," "exclusive product," "secret ingredient," or "ancient remedy."** For example: "A scientific breakthrough formulated by using proven principles of natural health-based medical science."

**Text that uses overly impressive-sounding terms,** like those for a weight-loss product: "hunger stimulation point" and "thermogenesis."

<b>Supplement Facts</b>		
Serving Size 1 Capsule		
Amount Per Capsule		% Daily Value
Calories 20		
Calories from Fat 20		
Total Fat 2 g		3%*
Saturated Fat 0.5 g		3%*
Polyunsaturated Fat 1 g		†
Monounsaturated Fat 0.5 g		†
Vitamin A 4250 IU		85%
Vitamin D 425 IU		106%
Omega-3 fatty acids 0.5 g		
† Daily Value not established.		

Ingredients: Cod liver oil, gelatin, water, and glycerin.

**Limited availability and advance payment required.** For example: "Hurry. This offer will not last. Send us a check now to reserve your supply."

**Promises of no-risk "money-back guarantees."** For example: "If after 30 days you have not lost at least 4 pounds each week, your uncashed check will be returned to you."

**Check Supplement Facts on the Dietary Supplement Label**

← % Daily Value should not be over 100% for any nutrient, unless it is ordered by your doctor. If the % DV is not established, there is no proven health reason to take the substance - as shown by the cross symbol here.



## MORE INFORMATION ON DIETARY SUPPLEMENTS & NUTRITION

### **Federal Government Agencies**

Administration on Aging, DHHS: <http://www.aoa.gov/>

Food and Drug Administration, DHHS, Center for Food Safety and Applied Nutrition: <http://www.fda.gov/AboutFDA/CentersOffices/OfficeofFoods/CFSAN/ContactCFSAN/>

Federal Trade Commission: [www.ftc.gov](http://www.ftc.gov)

National Institutes of Health, DHHS: <http://www.nih.gov>

National Center for Complementary & Alternative Medicine: <http://www.nccih.nih.gov/>  
(Clearing House from National Institutes of Health) 1-888-NIH CAM

Office of Dietary Supplements: <http://www.fda.gov/Food/DietarySupplements>

Office on Women's Health, DHHS, <http://womenshealth.gov> or 1-800-994-WOMAN

U.S. Department of Agriculture, Food and Nutrition Information Center: <http://www.nal.usda.gov/fnic>

### **Others**

Academy of Nutrition & Dietetics: [www.eatright.org](http://www.eatright.org)

American Pharmacists Association: [www.pharmacist.com](http://www.pharmacist.com)

International Food Information Council Foundation: <http://ific.org>

AARP <https://www.aarp.org>