

**Office of the Commandant
United States Naval Academy**

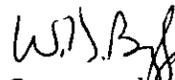
Position Statement On Over-The-Counter Dietary Supplements

There are no government or industry regulations that guarantee the safety or purity of dietary supplements. Manufacturers are not required to verify the effectiveness of any health claim about their products. Without Food and Drug Administration oversight, label ingredients are often omitted, wrong, and/or misleading. Dietary supplements may contain impurities harmful to your health and/or substances that are banned by the Department of Defense and NCAA.

Dietary supplements include vitamins, minerals, herbs, amino acids, protein powders, and botanicals. Dietary supplements may be recommended to resolve nutrient deficiencies in the diet, but they are **not** substitutes for a healthy diet and lifestyle.

Because we are unable to ensure the safety, purity, or efficacy of dietary supplements, the United States Naval Academy strongly discourages using over-the-counter dietary supplements without consultation with Naval Academy dietitians, physicians, or athletic training staff. Experimenting with these substances without proper consultation and education can be dangerous to your health, put the mission at risk, and could impact future service assignment.

For more information on the safety and efficacy of dietary supplements, the Department of Defense created the Human Performance Resource Center and OPSS: Operation Safety Supplement to educate and protect Warfighters. Both of these sites can be accessed through the Midshipmen Development Center website, <http://www.usna.edu/MDC/>.


Commandant
Captain, U.S. Navy