

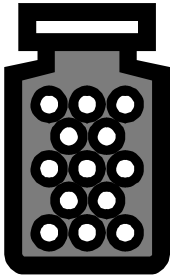


Highlights: Supplement Facts



This fact sheet is about supplements. Supplements have things such as vitamins or herbs in them. There are supplements that are pills and others that are liquids. Some foods are supplement products too. These products may have only one kind of nutrient in them. They are not as good for the body as whole food. Whole food has more nutrients than supplements.

Supplement Facts



Supplements may not be safe for all users. Some can lower or raise blood sugar in the body. This could hurt people with diabetes. Some products can thin the blood. This can hurt people when they have surgery. Supplements can change how drugs work in the body. This includes drugs such as alcohol. They can work against each other in many ways.

Some products are not tested before they are sold. All supplements should have a label on them. The label states what is in the product. Products may have more or less of what it notes on the label. They may or may not contain what the label states. The word "natural" on the label does not mean it is safe. Some supplements may even have germs in them. They are usually the ones sold in bins where you can scoop out what you want.

Supplement Cautions

Some supplement labels may not tell the truth. It is good to be able to spot false claims if you use supplements. Some false product claims are in the list below.



**Supplements
may not be
safe for all
users.**

- Words such as "energize" are on the label.
- Labels state that the product is a "miracle cure".
- Labels note that people lie and say the product is not good.



Highlights: Supplement Facts



Choosing Supplements



There are a few things to know before using a supplement. It is important to know what kind of supplement is best to use. Do not buy supplements from serve yourself bulk sources. Studies show they may have germs in them that can make people very sick.

Supplement Review Tips

- Ask a health care provider what supplement is best for you. This can help to lower bad side effects.
- Make sure the date on the label is still good. Check to see what is inside the product. Choose a product that has the letters GMP on it. The initials stand for "Good Manufacturing Practices". It means the product has been tested and has what it says it does on the label.
- Store supplements in a dry, cool place. Keep them out of the sight and reach of children.
- Report bad side effects of the product to this free number 800/332-1088.

**Ask a health
care provider
what supplement
is best for you.**

To learn more about supplements telephone 888/463-6332. People with access to the Internet may visit these web sites:

- * MedWatch www.fda.gov/medwatch
- * FDA, CFSAN www.cfsan.fda.gov

Note: This fact sheet helps people learn about the use of supplements. This information is current as of March 2005. It is not medical, fitness, dietetic, or professional advice. Ask a health care provider about the things in this fact sheet.

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